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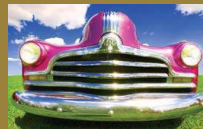


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## Madeleine – Case unaffected by PJ chief's comments

Opposition MPs, who had summoned the Minister of Justice to Parliament seeking clarification on the case of missing Madeleine McCann were told the case had not been affected by comments last week by the chief of police. (See Page 5)

## The Portugal News survey results

With almost a thousand respondents, the annual readers' survey conducted by **The Portugal News** reveals some interesting points on the habits and ways of foreign residents. (See Page 7)

## Six thousand legal abortions

Slightly more than six thousand women underwent abortions last year during the first six months of Portugal's recently liberalised abortion law, only 60 percent of the initially projected number, a senior health official said. (See Page 9)

## President against Iberian World Cup

Speaking shortly after the president of the Spanish Football Federation admitted he had been approached by his Portuguese counterpart with a view to jointly staging the 2018 World Cup, Portugal President Cavaco Silva indicated the country had priorities other than staging this prestigious sporting event. (See Page 64)

## Seven day weather outlook

**Lisbon:** After a cloudy start to the weekend, heavy rain will arrive in the capital on Sunday and should only clear next Wednesday. Temperatures will plummet to 13° on Sunday, but should rise to 17° by midweek. **Faro:** While temperatures will vary between 18° and 19° the next seven days, rain will arrive on Sunday and is set to stay until next Friday. In **Oporto**, rain will dominate between Sunday and Wednesday. Thermometers will sit between 13° and 15° during the coming week.

# Rainfall this winter the lowest since 1917, as Met Office records second hottest January on record

# DRIEST WINTER IN 91 YEARS

Official figures published this week indicate that rainfall between last September and this January is the lowest recorded since 1917. Rainfall during this period was only 48

percent of the average between 1941 and 1998, data by the Water Board (Inag) published in Público revealed. While water reserves have been deemed adequate to see the country through a dry 2008, the nation's farmers are already counting the cost of what many observers suggest is further evidence of global warming.

**Driest, see p. 18**



The effects of drought: A schoolgirl treads carefully as she crosses a pitted field in what was once verdant land. (Photo: EPA / Vassiliki Paxchali)



# 'Three strikes and out' imminent for drivers



A 'three strikes and out' approach culminating in the confiscation of offending drivers' licenses could soon be a reality if approved by government officials this week in Parliament.

In essence, if a driver commits three very serious offences or five offences ranging between serious and very serious, in five years, then their license will be automatically annulled.

This proposal was first put forward a few months ago by Portugal's Internal Affairs office, MAI, as a definitive punishment for repetitive offenders.

Should this new proposal be brought into force, it will give the National Authority for Road Safety (ANSR) more power in deciding who should and should not lose their license, as well as redefining of-

fences and their categorisation. ANSR's president will have the competence to delegate issues regarding fines and sanctions to directors and other ANSR employees.

The impending legislation also foresees that all processes will be dealt with exclusively through software, with specialised electronic equipment. Video-conferences with witnesses, defendants and technical consultants will also be made a staple part of the process and should take place within 48 hours of the infraction occurring.

According to a MAI spokesperson, "drivers' licenses will

only be revoked after offenders have been properly notified".

Minister for Internal Affairs, Rui Pereira, also guaranteed that ANSR would only be allowed to revoke licenses should the severity of the offence justify it, and that convicted offenders will have the right to contest ANSR's decision in court.

This change is being considered with the objective of making the process of fining simpler, quicker and easier.

Meanwhile, penalising offending drivers using a points system as in the UK is also being considered.

# Sexually exploited here mainly from Brazil and East

This profile was established by investigator Madalena Duarte, of Coimbra University's Social Studies Centre, who conducted the 2005-2007 project named 'Women trafficking in Portugal for sexual exploitation'.

It was also found that most of these women, who are predominantly Brazilian, Romanian, and Nigerian, never stay in the same

place for more than three months at a time.

The women can, according to researchers, be divided into two different categories; those who knew they would be working in prostitution, but were unaware of the conditions (mostly the Brazilians), and those who had no idea they were walking into prostitution and were forced to (the

A recent study has revealed that the majority of sexually exploited women in Portugal are of Brazilian and Eastern European nationality, aged 35 or under, from lower-class backgrounds, precarious social conditions and have children in their care.

larger number of these cases being Romanians).

Madalena Duarte further defined that the biggest tendency is to place Brazilian and Eastern European prostitutes into sheltered, 'luxury' prostitution, while the Romanians and Africans are forced to work the streets.

In Eastern Europe, the trafficking rings are more organised and hierarchical, incorporating the Mafia, while younger Brazilian women are brought over in a more subtle way, via arrange-

# Joana PJ detectives prepare for trial

The lawyer defending four PJ police inspectors who are accused of beating a confession out of Leonor Cipriano (mother of Joana, the child who mysteriously vanished in the summer of 2004 in the Algarve) has charged that the court's decision to proceed with a trial is "merely political".

This decision was supposedly made as the final hearing into initial official procedures, which determines whether or not there are sufficient grounds on which to base a trial, ended in a Faro Court earlier this week.

Police lawyer António Pragal Colaço said that the judges' decision to take the allegations to trial had already been made before the closing debate, and that its

progression was merely "for political reasons".

He further criticised the presiding judge, Ana Lúcia Cruz, for interrupting on pivotal occasions.

One example, he said, was when Judge Cruz dismissed the defence's request for a copy of a document from a television channel regarding the death of Princess Diana.

According to reports, defense for the four accused inspectors were intending to use the 'evidence' in which a French doctor was quoted as saying the British Princess looked like she "had been punched".

Based on that quote Pragal Colaço intended to prove how Leonor Cipriano could have obtained the bruises by falling down a flight of stairs, as opposed

to them being inflicted during a police beating as she claims.

However, after being interrupted by the presiding judge, the lawyer refused to continue his closing statement, bringing the hearing to an abrupt end.

António Pragal Colaço told journalists outside the courtroom that he was convinced the judge had already made her mind up to take the four PJ detectives to trial even before the final debate had started, saying he noted this in "facial expressions", and that her attitude "disheartened" the defence.

He also accused the public prosecutor of undermining two separate doctors' statements, in which they stated facial bruising can be caused by a fall.

## NEWS IN BRIEF

### Unemployment highest in 21 years

The OCDE has this week put the jobless rate in Portugal for December 2007 at 8.2 percent, making it the highest since 1986, when unemployment figures climbed to 8.8 percent. The government is predicting those in dole queues will have dropped to 7.2 percent of the working population by 2009.

### Crime stats stable

The Minister of Internal Affairs, Rui Pereira said Portugal is "relatively safe" when compared with other nations, adding that crime figures have stabilized the past four or five years. While crimes rose by two percent in 2006 in relation to 2005, the minister believes no notable increases will be found once official numbers are published later this month.

### Azores admits to CIA flights

The governor of the Azores islands, Carlos César has this week admitted that planes carrying alleged terror suspects to the US base at Guantanamo passed through Portugal, and the Azores air force base at Lajes, saying this was "regrettable".

### Recycling of old cars doubles

More than 44,000 old cars were recycled in 2007, figures released this week have shown. This total is almost double that of the number recorded by licensed operators during the course of 2006.

### Fátima rector suits

The rector of the Fátima Sanctuary, Luciano Gierra ended his mandate on Wednesday having spent 35 years in charge at the religious site. Guerra will remain in office until a replacement is nominated.

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Algarve News: Carrie-Marie Bratley

Events: Raquel Salbany

Preview: Nikki Hall

Travel: Sherry Hughes

Columnists: Patricia Westheimer

Correspondents: Gwynne Dyer

Photos: LUSA, Press Association

Accounts: Gaby Rodrigues

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Sales Manager: Bella Talhadas 914 393 736

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# Asylum seekers up 41 percent

# More than 10,000 drivers caught without licence in 2007



The art piece 'Asylumbox' by Danish artist Thorbjørn Reuter Christiansen pictured in Rostock, Germany last year. The box illustrates the 4.5 square metres, which asylum seekers are entitled to in Germany. (Photo: EPA/Carsten Rehder)

Figures published this week show that the majority of foreigners who requested asylum in 2007 were young men, justifying their applications due to economic reasons or insecurity in their home lands.

The Immigration Office (SEF) said most requests for asylum were filed at airports by people with no travel paperwork.

After Columbia, citizens from Guinea were the most frequent asylum seekers.

In 2007, 224 people applied for asylum in Portugal (up 41 percent in relation to the previous year) with 28 being granted on the basis of them being for humanitarian reasons or after a person was deemed a refugee.



In 2007, PSP traffic police officers detained 8,272 motorists driving without a licence, a figure which is up 166 from 2006. GNR officers meanwhile arrested exactly the same number of individuals as the year before, 2,139. Altogether, considering data from both forces, 10,411 arrests were made relating to driving without a licence.

The majority involved are Portuguese citizens, although "with every passing year more expatriate individuals working in our country, but from out of the Schengen countries are being detained", explains GNR spokesman Major Lourenço Dias.

According to data for 2004, more than 2,000 accidents were caused by drivers without a licence. Of these, 1,500 were wounded and 72 eventually died.

But authorities believe the higher number of arrests does not necessarily translate into more people driving without a licence.

"It is easier to detect offences nowadays through our software used on laptops in patrol cars and gives instant access to the official database", says Major Dias.

According to GNR statistics, there was a significant surge in

this type of offence from 2005 to 2006, exactly when a new model was put in practice. During this period the number of detainees soared from 1,496 to 2,139.

A source at the PSP confirms this view.

"It has to do with two situations: a larger operational activity from the security enforcers and the fact we can interact with the database of the National Road Safety Authority", he said.

Last year in Lisbon alone, police caught 1,047 drivers without a licence, almost three hundred up from the previous year.

For the authorities, it is not possible to give an exact profile of this type of offender, though most arrests are of people aged between 25 and 50, who have limited schooling and have difficulty speaking the Portuguese language.

[www.the-news.net](http://www.the-news.net)

# Mega-developments to boost Alentejo tourism



Three large-scale tourist developments to be built in Odemira, between Sines and the Algarve, are set to boost the region's accommodation capacity by up to ten thousand beds and will together represent an investment of five hundred million euros.

More precisely, the large resorts will take shape at Vila Formosa, Algoceira and Aivados. They have been the subject of whispers and rumors for many years, but now it looks as if construction may finally commence.

All three developments are currently being assessed by an Environmental Impact Study (EIA), one of which, the 2000-bed project pertaining to Vila Formosa, should be handed in to officials within the next few

months as a promoter has already been found.

The development in Aivados has been, temporarily, put on hold, though the Mayor of Odemira, António Camilo, believes both projects could be up and running within the next three to five years.

When complete the three projects will boost the number of beds in the region to an estimated 10,000, significantly increasing the availability and diversity of

Odemira's tourist accommodation, and, hopefully boosting tourism by attracting more visitors.

Internationally known as Europe's 'allotment', due to its huge exportation of farm produce, Odemira is also one of Portugal's most environmentally aware regions.

In an effort to improve its produce it was one of the first to adhere to innovative cultivation techniques, like biological farm-

ing and renewable energy.

Mayor Camilo further revealed that a photovoltaic central is being considered for the region, and, if approved, by 2013 the various projects that will take shape in Odemira will conjointly create around 10,000 jobs.

# Lisbonites richer than average EU citizens



The Greater Lisbon Metropolitan Region has the highest wealth per capita rating in Portugal, with each citizens boasting riches that amount to 106.3 percent of the European Union average.

At the opposite end of the wealth index is the far northern region of Portugal, with an average of only 60 percent, data released by Eurostat earlier this week reveals.

On a national level, Portugal's average wealth is 75.4 percent, a long way off neighbours Spain, whose citizens

boast wealth levels three percent above the EU average.

In Portugal, Lisbon leads the way, followed by Madeira (94.9 percent the EU average), Algarve (79.6), Alentejo (70), Centre (63.8) and North (59.8).

The wealthiest regions per inhabitant in the European Union are London (302.7 percent), Lux-

embourg (264.3 percent) and Brussels (240.5 percent).

The poorest region is north-eastern Romania where citizens have wealth that amounts to less than a quarter (24.2 percent) of the average European followed by Severozapaden (26.9 percent) in Bulgaria.

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# Madeleine – Case not affected by police chief's comments



Opposition MPs, who had summoned the Minister of Justice to Parliament seeking clarification on the case of missing Madeleine McCann were told the case had not been affected by comments last week by the chief of police. But Minister Alberto Costa remained on the defensive, saying it would be "premature to talk of failure" in finding out what happened to Madeleine McCann.

Speaking at a parliamentary commission on Wednesday afternoon to explain the comments made by the head of the *Policia Judiciária* (PJ), and close friend, Alípio Ribeiro, over the status of Kate and Gerry McCann as formal suspects or *arguidos* in the disappearance of their daughter Madeleine, Alberto Costa admitted: "We are at a stage now where we are approaching the conclusion of the process."

An outcry erupted last week after PJ chief Alípio Ribeiro said in a radio interview that police might have acted in haste in declaring the McCanns suspects.

A number of high-ranking officials lashed out at the PJ chief's comments, including from within his own organisation, while the McCann family demanded their status as *arguidos* be lifted with immediate effect.

On Wednesday, Minister Costa said: "We should allow the case to unfold and we should not act prematurely in concluding the case".

Earlier in the day, the Justice Minister told MPs that the comments last week by the PJ chief had "not affected the case" and refuted claims that Alípio Ribeiro had contravened Portugal's strict secrecy laws concerning public comments made about a criminal case under police investigation.

Speaking last Sunday on the weekly programme *Diga Lá Excelência*, which is aired on *Rádio Renascença*, PJ chief Alípio Ribeiro admitted the declaration of Kate and Gerry McCann as formal suspects had

perhaps been made in haste.

"At this moment, at this distance, with the experience I have of public prosecution, (...) maybe there should have been another evaluation. About this I have no doubt", Ribeiro said of the case.

The Minister of Justice was called to appear in Parliament by the CDS/PP party, for who the initial reaction of Alberto Costa was "wholly inadequate", after he said the fact that Ribeiro had not been sacked for his comments was evidence of his confidence in the PJ director.

"This is too serious and extreme for the Minister of Justice to simply state that by keeping the national director of the PJ in office is an indication of his trust", said MP Nuno Melo.

He charged that Ribeiro's comments "effectively killed off the criminal investigation" and harmed the credibility of the Public Prosecutor.

"This is the highest profile case ever to be handled by the PJ, and besides the judicial issues, this case directly affects the image the world has of Portugal", lamented Nuno Melo.

Ribeiro sacked one of his chief detectives last October after he spoke to the press about details of the investigation.

The comments, made a month after the McCanns had been made suspects, resulted in the axing of chief investigator Gonçalo Amaral after he criticised British police and the McCanns in a newspaper article.

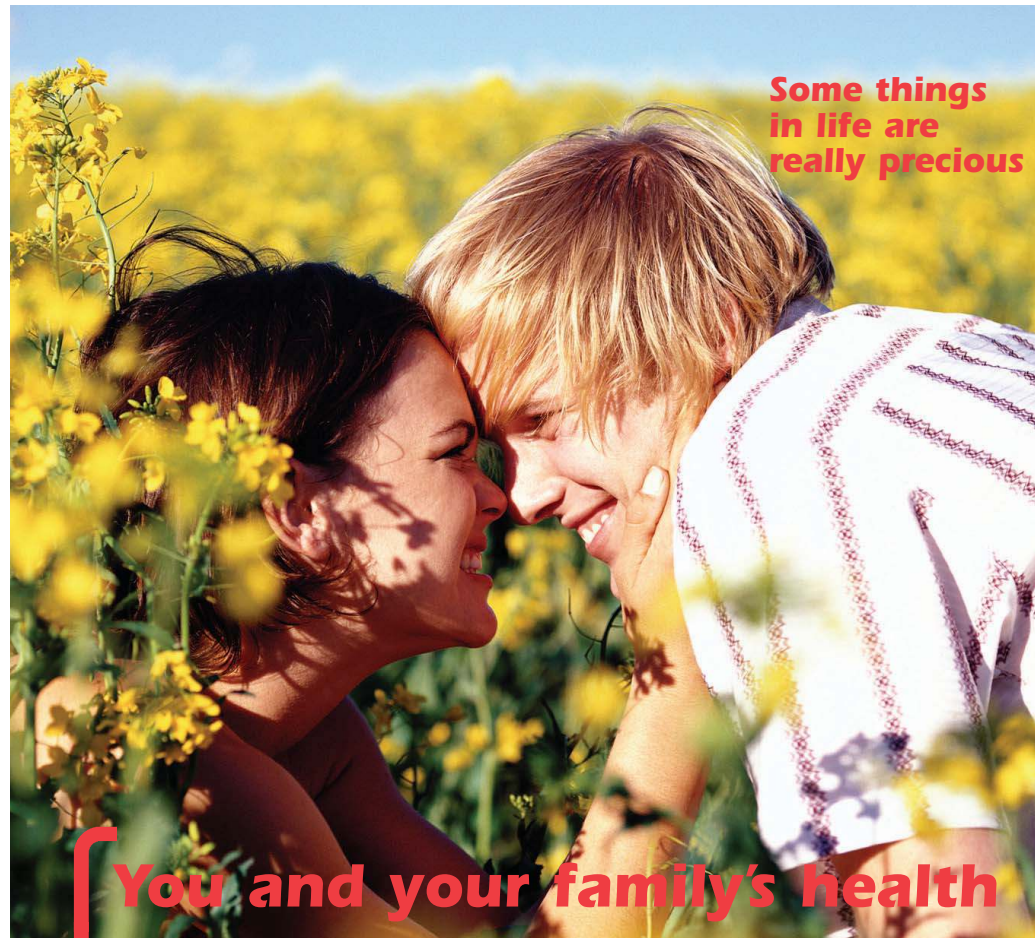
Last month, prosecutors were granted a three-month extension

due to the "special complexity" of the case, and secrecy laws will now remain in force until April 14.

Madeleine McCann was reported missing from her holiday apartment in Praia da Luz on May 3rd, 2007.



Kate McCann at the family home in Rothley, Leicestershire last September 2007. (Photo: EPA / Stephen Pond)



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## School colleagues help teen abort (again) in bathroom

A 19 year old girl, five months pregnant, was aided by schoolmates in aborting her unborn foetus by taking abortion-inducing tablets supplied by one of the colleagues.

The incident occurred last weekend in a house that the accountancy student shared with five colleagues of the Torredita professional school, Viséu.

After sending a text message requesting it on Saturday evening, she was supplied with the drug Citotec from a friend who had it in her possession for stomach aches.

Despite being a legal medicine, Citotec's side effects are notorious, especially its ability to induce spontaneous abortions.

Sunday afternoon, at around 16h30, the expectant teen went to the toilet, claiming she felt nauseous, and expelled the foetus, alive.

Another colleague, who aided the girl to the bathroom tried to persuade the teen into wrapping

the tiny baby in a towel and keeping it. This was dismissed, and the friend was told to let the newborn die.

It would be another three hours before one of the eight colleagues who witnessed the events from the previous evening, and indeed that afternoon anonymously called the authorities.

None of the involved parties have confessed to knowing the girl wanted to abort her baby, claiming it was a surprise and that she had sworn she would keep the baby.

Police have refused to comment on the incident, reserving their diagnostic for after the foetus has been autopsied.

Press reports have meanwhile suggested the teenager had induced two previous abortions.



# Timor inquiry into double assassination attempts; doubts cast on UN action



The head of East Timor's Armed Forces, expressing bewilderment at the apparent inaction of Portuguese and Australian peacekeepers during the assassination attempts of the country's president and prime minister, has announced the creation of a commission of inquiry into the attempted assassinations.

Brig. Taur Matan Ruak told a Dili news conference that the commission would be composed of three army officers and two government representatives.

Opposition leader Mari Alkatiri, echoing similar concerns, also called for a rigorous inquiry into the dual attacks by rebel soldiers on Monday that critically wounded President José Ramos Horta, but left Prime Minister Xanana Gusmão unscathed.

In separate comments to the Lusa News Agency, Brig. Matan Ruak said he had advised Timorese and international security officials in Dili one week ago that the president and prime minister might be targeted by renegade soldiers, whose leader, Maj. Alfredo Reinado, was killed during the attack against the president.

He said he was puzzled at the ease with which the rebels had entered Dili to strike the presidential compound and carried out two successive attacks against the prime minister's home and convoy outside the capital on Monday, before fleeing afoot, despite the security apparatus entrusted to an Australian-led international force and UN police.

"This is strange and raises questions obliging us to ask exactly what the international security forces are doing here", Matan Ruak said.

"What is the role of the international community in maintaining security?" he asked rhetorically.

He said that after the attacks, the rebels, who suffered two casualties, fled afoot with practically no response from peacekeeping forces and none of the gunmen he estimated at about 30 had been captured, he said.

The international and UN forces, including Portuguese police, were dispatched to East Timor in 2006 to quell a wave of violence involving rival security force factions and communal gangs that left nearly 40 dead and some 150,000 displaced.

Alkatiri, the Fretilin party leader who was forced to resign during the turmoil two years ago, told Lusa he would demand "responsibilities" from the government and insist on a rapid, thorough investigation.

Without naming names, Alkatiri suggested that Reinado, the rebel leader slain on Monday, had been used as a pawn by domestic and foreign forces during the violence in 2006 that led to the fall of his government and the deployment of mainly Australian international forces.

He said he was "very intrigued" by the fact Reinado, who had been charged in absentia for murder and rebellion for his part in the turmoil two years ago, had tried to kill the president, "The only person who was trying to save him".

Currently, José Ramos Horta is said to be in a "very serious but stable" condition in an Australian hospital and was to undergo surgery for a third time, the hospital's director said.

"He's a strong man and I hope that he'll fully recover", Dr. Len Notaras, the head of the Royal Darwin Hospital, told Lusa. "This is not meant to underestimate in any way the gravity of his wounds. They're terrible wounds".

Ramos Horta, was shot in the chest and abdomen.

Without new "complications", he added, the Timorese president might be able to return home "within four to six weeks" without "severe damage".

In the wake of Monday's assassination attempts, Australia dispatched a warship and airlifted some 200 additional troops and police to Dili Tuesday.

Questioned by Lusa on follow-up operations, the commander of the international force, Australian Brig. James Baker, said there was "no change" in its stabilisation mission following the attacks.

"An operation to capture (the fugitive rebels) is a matter for the Australian government in consultation with the government of East Timor", he said.

Meanwhile, Prime Minister Xanana Gusmão described the attacks as "an attempt against the State" and opposition leader Mari Alkatiri said they appeared to be an "attempted coup d'état" to seize power.

The prime minister declared a 48-hour state of siege, including a night curfew and bans on demonstrations.

In a related development,

many world leaders joined Portugal in condemning the attempted assassinations, with key partners pledging continued aid to the newly independent country.

Portuguese President Cavaco Silva, on a visit to Spain, issued a "vehement condemnation" of the two coordinated attacks, describing the attempted assassinations as strikes against "the democratic institutions" of Lisbon's former Asian territory.

Cavaco Silva wished Ramos Horta a "fast recovery", saying he was closely following developments through the Portuguese embassy in Dili.

A spokesman for the Portuguese prime minister said José Sócrates was closely accompanying the situation in East Timor, where Portugal has police serving with the UN mission, since the "first hour" through Lisbon's foreign and interior ministries.

In New York, UN Secretary-General Ban Ki-moon issued a statement expressing his personal "shock" and describing the attacks as "unacceptable" acts against "legitimate state institutions".

Urging the Timorese people to "remain calm and abstain from acts of violence", Ban said hundreds of UN police in the country were on "maximum alert" and working in coordination with Australian-led international peacekeepers and Timorese security forces.

In Brussels, EU Commission chief José Manuel Durão Barroso, a former Portuguese prime minister, denounced the "brutal attacks" against East Timor's "young democracy", expressing his "relief" that President Ramos Horta had survived the attempt on his life.

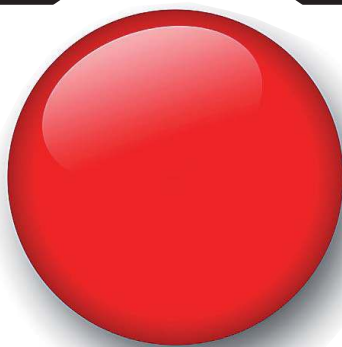
"In these difficult hours, I want to reiterate the profound solidarity of the European Commission to the Timorese people", Durão Barroso said, reaffirming the EU's "firm commitment" to stand by East Timor.

Indonesian President Susilo Bambang Yudhoyono, whose country occupied East Timor for 24 years until 1999, said he was praying for Ramos Horta's recovery from what he called "a terrible and unconstitutional attack against democracy". TPN/Lusa



Relatives of East Timor rebel leader Alfredo Reinado cry over his photograph at Reinado's house in Dili, East Timor on Wednesday. Major-general Alfredo Reinado and one of his comrades were killed in the attack against East Timor's president José Ramos-Horta. (Photo: EPA/Made Nagi)

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# The changing face of Portugal's expats



Not only is the perception of foreigners in Portugal changing fast, but so too is the opinion foreigners have of their host country, a study has found. An extensive survey conducted by **The Portugal News** was unveiled this week at a Lisbon conference to television, radio, national print media and members of the international press, illustrating foreigners' views on a wide array of issues to a curious audience. Among a number of unique findings, it was established that while foreigners are becoming increasingly integrated into their respective communities with increasing numbers of their children attending state schools, they still feel let down by central government and the mountains of bureaucracy they face when seeking to invest in Portugal.

The study, conducted over a period of several months, gathered the viewpoints of hundreds of northern Europeans in Portugal to release the most comprehensive research ever conducted on the subject, and almost twice the number of respondents in relation to last year's survey on foreign residents.

Throughout the past week, television, national radio and written media have been mulling over the findings made in this unique survey of foreigners.

In this year's survey, **The Portugal News'** teams of researchers once more focussed on the relationship between the expatriate community and the government, commerce and the serv-

ices they use in Portugal. But there was also a more in depth look at other factors and trends.

With almost a thousand respondents, this year's survey is undeniably one of the most accurate base of opinions ever released.

The study found that more foreigners had left Portugal than at other time in the past 20 years. This was explained by a number of reasons, including the death of a partner, healthcare concerns, lack of specialist retirement homes and the increasing cost of living.

Respondents also revealed that no longer were they heading to Portugal for a cheaper cost of living, instead they were people

who appreciate the better security and safety, the climate and the people.

Pessimism in the country's economy grew in 2007 when compared with the previous year, but more than 45 percent of foreigners still believed the economy was stable or improving.

The government's popularity rating dropped, though it remained "positive", with almost 53 percent saying José Sócrates' cabinet was stable or improving. Red tape continued to give readers headaches, though those saying it had become easier the past 12 months, rose by three percentage points.

In terms of running a business



Survey results showing price comparisons shopping baskets from Tesco and Continente.

## How did the prices compare?

Item	TESCO	CONTINENTE
2 kg onions	€1.09	€1.48
1.5 kg flour	€0.50	€0.66
Toilet tissue 4 rolls	€0.53	€0.63
1 ltr washing up liquid	€0.25	€1.18
Sliced bread 880 grm	€0.52	€1.05
250 grm butter	€1.19	€1.32
Chicken per kilo	€3.19	€1.98
Minced Beef 1 kilo	€4.17	€5.40
Basmati Rice 1 kilo	€0.88	€4.79
1 kg sugar	€1.11	€0.75
Dodot nappies	€8.37	€7.00
2 L mineral water	€0.95	€0.44
2.5 kg potatoes	€2.49	€2.22
12 eggs	€1.02	€0.82
1 litre fresh milk	€0.94	€0.74
Deodorant	€3.49	€5.25
Gillette Razor Blades	€7.69	€7.69
Shampoo Pantene	€3.35	€3.50

in Portugal, company directors noted minor improvements.

Regarding shopping habits, foreigners expressed a clear preference for discount store Lidl, with Continente coming in second.

More than half of all respondents did their shopping at these supermarkets.

Millennium bcp continued to be the leading bank among foreigners, though Barclays showed signs of eating into this lucrative market the past year.

Mercedes, Ford, BMW and Honda were the most common brand of cars driven by respondents, while the number of foreign children attending Portuguese

state schools remained relatively unchanged at 60 percent.

Researchers concluded the profile of the expatriate market is changing towards a wealthier and younger age group, while business owners are now much younger.

For further details on the study, phone: 800 50 78 78 or e-mail: [survey@the-news.net](mailto:survey@the-news.net)



The Lisbon conference, where the survey results were revealed, which took place on Tuesday.

## Readers' forum

Living in Portugal is a dream for many, which can sometimes become a nightmare. If you had the chance to voice your opinions and change certain aspects, what would they be? How would you like to be behind the wheel and map out a new direction for the future of foreigners in Portugal?

Speak to any ex-pat and they will probably tell you their main reason for choosing to move to Portugal was 'the weather'. But little did they realise, as they lay on the beach dreaming of their new life in the sun, the amount of stress and patience that is involved in adapting to a new country.

For the past 20 years **The Portugal News** has conducted surveys on foreigners' views of life in Portugal. Only the past three years, though, have the results been released on a national scale to the general public in an attempt to draw attention to certain matters concerning the foreign community that, until

last year, had been widely overlooked.

The response from the national and international media was so impressive that **The Portugal News'** Annual Survey has become a point of reference for those looking for an accurate insight to the ex-pat community.

The survey has been covered to such an extent that it is safe to say the foreign community now has a voice that is being heard loud and clear.

In order to build upon the foundation created by the survey of foreign residents' opinions, **The Portugal News** is creating a reliable panel of foreign residents who would be willing to answer

one or two questions on specific subjects pertaining to living, working and doing business in Portugal.

Readers who agree to participate in this forum, will be asked their age, gender, occupation and nationality. These details will remain confidential and anonymous, but are required so as to only ask questions relevant to a panel member's specific profile.

In order to become part of this elite panel, whose members will be contacted periodically at a pre-determined time of convenience, you must register by calling free phone: 800 50 78 78 or e-mail: [survey@the-news.net](mailto:survey@the-news.net)

## Liberate your UK pension

### Exporting your UK pension fund – QROPS

New UK legislation enables expatriates with existing UK pensions to transfer them out of the UK into more tax friendly jurisdictions. This can result in increased flexibility in the manner that pensions can be taken in retirement and potentially lower the tax paid on them. UK expatriates will be able to avoid the annuity trap and leave their pension funds to their heirs on death.

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## Vote on new euro design



Europeans have been given the opportunity to vote on their favourite new design for a commemorative 2-euro coin marking ten years of the single currency.

To celebrate the tenth anniversary of the euro and European Monetary Union, in 2009 all 15 eurozone countries will be issuing a commemorative 2-euro coin with a new design.

After a competition between the national Mints in the eurozone, each of which has put forward a selection of designs, the winning image is to be chosen by public vote on

a special euro coin design website.

Voting will close on 22 February 2008, with the winning design announced three days later. Those who voted for the winner could win a set of high-value euro collector coins.

On 1 January 1999, the euro became the new currency of 11 EU countries, who also agreed to merge their monetary policy under the authority of the European

Central Bank. For three years, national banknotes and coins continued to be used but, since their values in relation to the euro were fixed, they were effectively euros in all but appearance. They were replaced by euro banknotes and coins in 2002.

To vote for your preferred design, visit: <http://www.eurodesigncontest.eu/index.cfm?lang=en>

## Portuguese grow taller as lifestyles improve



The average height of the Portuguese male population is increasing at a rate of a centimetre a decade, but the population still remains the shortest in Europe.

Based on data retrieved from military recruitment by anthropologist Cristina Padez, the height of Portuguese men is slowly increasing.

She studied the evolution of the size of men since 1904, concluding that the average height of 1.72m registered in 2000 represented a total gain of 8.93cm in little under a century or 0.99cm in a decade.

"You can say that we will keep growing about a centimetre a decade, at least while environmental conditions continue improving", stated the anthropologist from Coimbra University.

Eating habits, level of education and health awareness are among other environmental factors that are said to condition the

growth of man, even more so than genetic factors.

Anthropologist António Piedade, professor at Lisbon University, recalls that during crisis times, such as wars, where food constraints and health problems are greater, growth is restrained.

"That is why when World War II ended, with the improvements of lifestyle, the growth (in height) of the European population was progressively greater", he explained.

In Cristina Padez's study, the numbers reveal that, to the contrary of this European phenomenon, the rise in height in Portugal only happened later, from 1960, when there was an improvement in the nation's lifestyle.

"From a demographic point

of view, Portugal in 1960 was very different from Europe - it had the largest proportion of youths, the lowest percentage of elderly and also the lowest life expectancy at birth, with the highest infant mortality rate" the study states.

Forty years have passed and Portugal is now the country with the lowest population growth rate and the proportion between the young and the elderly is similar to the European average.

Despite this growth, data from 2000 shows that the Portuguese remain the shortest in Europe with an average of 1.72m. Spain came close second at 1.74m, France almost 1.75m, Belgium 1.76m, Sweden 1.79m while the Dutch are tallest at 1.84m.

## One man's worldly mission



Jean Gabriel Chelala has a message: if you have a dream, you should follow it because nothing is impossible. His own dream - to become the first man to circumnavigate the world alone using only human-powered transportation (bicycle and pedal boat) - is currently in motion. In this unique interview, the 27-year-old French-Lebanese man tells *The Portugal News* of his fears and frustrations on this incredible solo journey, the '48 North Expedition'.

Despite his reservations (and aches and pains), the ex-construction engineer's determination knows no limits, putting his physical and mental resistance to the test to endorse the message to others. Jean's stop in the Algarve will hopefully allow him to gather his thoughts and energies before attempting one of the expedition's most perilous phases - crossing the Atlantic ocean in a pedal-powered 'SeaCyle', unaided and alone. This crossing will take two months, two months of seeing nothing but endless water.

Apparently, crossing the Atlantic from the Western Algarve is a safer route. Even so, it is the leg of the '48 North Expedition' that most worries Jean Gabriel.

"Of course I am scared", he says, "My biggest fear is being alone. But I have to do it. I have got ten books and music to listen to, so hopefully I won't be bored, but I also think spending so much time by myself at sea I will discover more about myself".

"I am mentally prepared, so that is what matters. As long as you set your mind to something, you can do it".

Onboard the 7,50x1.60m boat there will be dried food and lots of sweet snacks to keep up the energy. Water is purified using a filtration system that transforms seawater into drinking water, with 10 litres of bottled water as back up.

So far Jean has crossed France, departing from the Notre Dam cathedral, the Pyrenees and Spain, all on his bicycle.

He enjoyed a memorable moment in Spain when, after becoming lost and running out of water, he stopped at someone's farm to ask for a drink and got invited to a full-on feast. Filling on chorizo and bread, he was also packed off with ten kilos of oranges for his journey.

"Most people are just curious, but some are very helpful and friendly and encouraging", says Jean.

"It attracts people's attention when they see a man, alone on his bicycle in the pouring rain!"

He is looking forward to arriving in the USA, hopefully sometime in April, where he plans to cycle through Florida, up to Alaska, before crossing the Pacific on his 'SeaCyle' to Siberia.

It should take him a full 12 months before he returns to the Notre Dam cathedral to complete his circumnavigation.

"It is hard because my wife and family do worry about me and miss me, but my wife flies out whenever she can to join up with me".

Aided by a nine-man technical crew, who catch up with the adventurer on each leg of his solo tour, transporting the boat, etc, Jean has no doubt he will successfully complete his adventure and set a new world record.

Eventually he would like to embark on another lifetime experience, but for now "Keeping focused" on his Atlantic crossing is essential for the next few weeks.

Those interested in following Jean's voyage can read about his adventures on [www.expedition48north.com](http://www.expedition48north.com).

He is also in search of sponsorship; anyone interested in giving support can meet Jean at the Turiscampo campsite and bungalow park, Espiche, Lagos.



Jean Gabriel Chelala with his boat

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# New abortion law being applied smoothly



There were fewer cases than expected with slightly more than six thousand women undergoing abortions last year during the first six months of Portugal's recently liberalized abortion law, only 60 percent of the initially projected number, a senior health official said last week.

Jorge Branco, president of the National Commission on Maternal and Neonatal Health, told the Lusa News Agency the process of applying the new law that was approved last July after a national referendum on abortion, was "taking place without

snags" at public and private hospitals.

Abortions through medication, rather than through "more aggressive and traumatic" surgical procedures, "greatly predominated", Branco said.

According to official figures,

6,099 women underwent legal abortions between July 15, 2007 and the end of the year, roughly 60% of the number that had been first estimated on the basis of statistics from other EU member states that foresaw 20,000 abortions annually in Portugal.

## Victims of domestic violence made to pay €152

A year-old proposed law that has not yet come into force and which aims to exempt alleged victims of domestic violence from paying hospital fees following an attack, has left hospitals in limbo as to how they should proceed in such situations.

For example, Braga hospital will only acknowledge a patient as a victim once a sentence has been read.

This news was brought to public attention following a report by *Público* newspaper, which singles out Oporto's São João Hospital, where victims are treated on their word and fees waived.

Also mentioned is the São Marcos Hospital in Braga, where victims receive a bill

of €152 for their treatment.

According to *Público*, in São Marcos, the victim 'is only a victim once a sentence has been issued'. In São João, the hospital 'tries not to aggravate the victim any further'.

In Oporto's Santo António hospital, when faced with a case of possible domestic violence, a PSP police officer on the door is informed of the situation. He then gives the

victim a document to sign, which frees the victim from paying additional taxes.

Elza Pais, president of the Committee for Citizenship and Equality defended the situation by saying that a note of debit should be sent to the aggressor, as any complaint is a "strong indicator" of domestic violence, and that waiting for a legal sentence, "does not make sense".



Demonstrators in the anti-abortion campaign which took place in Lisbon before the referendum in February last year. (Photo: Lusa / André Kusters)

## 150 Europe-bound migrants detected off African coast



Authorities in Guinea-Bissau's remote Bijagos Islands say around 150 migrants from various West African states are hiding in the archipelago after apparently being spotted making an illegal bid to reach Europe.

## Portuguese perfect the endoscopic capsule

Investigators belonging to Aveiro's university, in collaboration with doctors from Lisbon's Santo António Hospital, have perfected a piece of micro-equipment used to explore the inside of the digestive system, a scientific improvement published in a highly regarded north American magazine.

Known as the endoscopic capsule, the equipment in question is a small device, swallowed by the patient, which captures in film up to eight hours of its journey along the digestive system.

Even though the technology already existed, specialists complained that afterwards they had to sit and sift through the eight hours of imagery to come up with a diagnosis.

Portuguese researchers subsequently worked on the apparatus, eventually presenting a breakthrough that allows medics to gain significant ground where concerning viewing times, using

a computerised digital processing system, called the 'CapView(R)'.

This will also allow doctors to fast forward to areas of interest, such as specific zones of the digestive system that may contain blood.

What started off as a project for the university's finishing students has now been classified 'significant scientific progress'.

The results of the investigation were published in this month's edition of the north-American science magazine *IEEE Transactions on Medical Imaging*.

Media in the former Portuguese colony quoted Jorge Gomes, senior administrator for Caravela Island, as saying the migrants came to the attention of the authorities at the weekend after being purportedly taken there by an unidentified "immigrant recruiter".

Gomes said the 150-odd irregular migrants, from Senegal, Gambia, Mali, Guinea-Conakry and Ghana, had fled to a heavily forested area of Caravela after officials became aware of their presence.

Caravela, situated in the northwest of the Bijagos Islands and lying around 120 kilometres southwest of Bissau, only has two poorly equipped police officers and there is no local jail, Gomes told Guinean media.

Consequently, local officials are waiting for police and immigration officials to arrive from Bissau to deal with the illegal immigrants.

Guinea's Atlantic Bijagos Islands are a haven for international drugs traffickers and are also considered a prime staging post for illicit Europe-bound migration in small fishing boats.

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# Enterprise Europe network opens for business



New network to assist and advise small businesses on EU policies, programmes and funding has been unveiled by the European Union.

Small businesses looking for partners in another EU country, seeking advice on how to develop an innovative idea or on how to apply for European research funding can get help from the new Enterprise Europe network, which can be accessed by visiting: [http://www.enterprise-europe-network.ec.europa.eu/index\\_en.htm](http://www.enterprise-europe-network.ec.europa.eu/index_en.htm)

The new network brings together around 500 organisations,

including chambers of commerce, regional development agencies and university technology centres, and 4000 experienced professionals.

"The network provides support to encourage SMEs, especially in their early stages, to become more innovative and strengthen their technological capacity," explained enterprise and industry commissioner Verheugen.

Enterprise Europe extends beyond the EU to include Turkey, the Former Yugoslav Republic of Macedonia, Norway, Iceland, Armenia, Israel and Switzerland. With fewer than one in ten small businesses venturing outside their own country (even though national barriers have come down) the network wants to encourage collaboration across borders.

Keeping up with changes in EU rules and policy can be difficult for

small companies, so the new network will be a source of information and advice about opportunities and potential implications. It will also raise awareness of the many different sources of EU funding – regional, social, research, environmental – and keep the Commission informed of whether EU policies and initiatives suit companies' requirements and leave competitiveness and innovative potential unhampered.

## Portuguese buy least on Internet

When it comes to buying off the web, bottom of the chart is Portugal, only just beating Russia. At the opposite end of the scale are the Danes who are the leading internet purchasers.

Portugal is one of the European countries that has the lowest rate of cybershoppers, with only six percent, according to a study about consumer and savings facts.

The profile of a Portuguese cybershopper is dominantly a male one, as it is in all the countries analysed, characterised also by an age inferior to 35.

Denmark takes first place with 62% of cybershoppers fol-

lowed by the U.K. with 57%.

All online consumers, when talking about the internet, "are unanimous when saying that the web eases their lives and commerce favours cyber shopping", researchers at Cetelem found.

Further, a rise of online sales in European consumer markets is being registered, 70% of the transactions concentrating in the U.K., Germany, France and Belgium.

The search for information can be considered as a component for the on-line purchase, most searches in Portugal being in the automobile section (Europeans in general as well).

## Business Breakfast at Browns

The British-Portuguese Chamber of Commerce is pleased to announce the first of many 'Business Breakfasts' they will be hosting in the Algarve. Focusing on the 'Fiscal Situation for 2008 - New fiscal rules and allowable expenses', it will comprise a 45-minute presentation followed by 45-minute Question & Answer session to allow members ample time to clear any uncertainties they might have

about the changes that the 2008 Budget has in store.

Taking place on Thursday, February 21<sup>st</sup>, 2008, from 9.30am till 11.00am, the 'Business Breakfast' will be held at the Browns Sports and Leisure Club, Caminho dos Golfes, Vilamoura.

The idea is that it is an informal discussion covering the most relevant subjects and issues that tend to affect all businesses on a daily basis, to inform as an overview

of what this year holds and how accounting will be affected, but including the financial benefits that companies are entitled to.

For an extra €8.50 members can enjoy a buffet style breakfast comprising bread, croissants, jams, butter, ham, cheese, coffee, milk, water, orange juice, eggs and bacon. This cost is for the breakfast only and will be paid on the day directly to Browns Sports and Leisure Club.

## IRS 2007: Expenses - Nº 6: DONATIONS

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- |                       |              |                 |            |
|-----------------------|--------------|-----------------|------------|
| 1) Tax Credit Summary | 2) Medical   | 3) Education    | 4) Housing |
| 5) Insurances         | 6) Donations | 7) Disabilities |            |

Tax Credits for charitable gifts for individuals are based on the "Estatuto de Mecenato" (Patronage Statutes), which divides contributions according to the nature of the receiving charity. The amount of the gift is enhanced for tax purposes by a stipulated percentage, then a tax credit of 25% is conceded on that amount as follows:

### CHARITABLE GIFTS

(Estatuto do Mecenato - DL 74/99 de 16.03)

Type of Organization	Amount Considered	Tax Credit
• State • Autonomous Regions (Azores/Madeira) • Town Councils • State Foundations • other recognized Foundations	social solidarity 140%	25% of donation (no upper limit)
	educational, sports, scientific cultural environmental: 120%	
• non-profit organizations* • cultural and sport centres (INATEL) • other recognized private charities*	130%	25% of donation (up to 15% of tax due)
if charities support social solidarity: 1. infancy; old age 2. addiction; aids; cancer; diabetes 3. social reinsercion; job opportunity	140%	25% of donation (up to 15% of tax due)
• cultural associations; cooperatives* • museums and libraries* • environmental organizations* • sport associations*	120%	25% of donation (up to 15% of tax due)
• religious institutions*	130%	25% of donation (up to 15% of tax due)

\* organizations must be registered and recognized for any donations to qualify for tax credit, except if gift is less than €498.80

#### QUESTIONS & ANSWERS:

**I give regularly to my church. Do I get any tax relief?**

Yes, but only if you can substantiate your gift with a proper receipt. In other words, if the coins or bills that you put into the collection plate cannot be substantiated, they would not ordinarily qualify. On the other hand, if your church issues you a receipt, you can report 130% of that amount and receive a tax credit of 25% of that amount. It goes without saying that such a practice would be both in the best interest of the church as well as the donor.

**I want to make a donation to a**

**charity but I do not know if the organization is formally recognised.**

**Can I still get my tax credit?**

Yes, if your gift is less than €498.80, the organization is not required to have previous recognition. However, in the case of an audit, it must be able to qualify, so make sure that it conforms to the spirit of the law. **I give to charities in my home country. Can I claim these contributions here in Portugal?** No, tax credits are only for Portuguese-based entities. If you are giving to an international organization, it must have an office in Portugal in order for the

donation to qualify for a Portuguese tax credit.

**Next: Tax Benefits for Disabilities**

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at our offices in Guia (Albufeira), Lisbon (Chiado) and, starting January 2008, in Funchal (Sé), Madeira. In the Algarve, call 289 561 333; in Lisbon, 213424210; or in Funchal at 291 221095; or by mobile, 96 9102813. Our e-mail is: [info@eurofinesco.com](mailto:info@eurofinesco.com), or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).

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## Portuguese firms investing €200m in three Angolan beer plants

Portuguese beverage company Central de Cervejas and Escom, the holding company of Portugal's Espírito Santo bank, are joining forces to build three breweries in Angola in an investment of up to 200 million euros, company sources were reported as saying

to the Lusa News Agency late last week.

Alberto da Ponte, CEO of Central de Cervejas, said the plants, with a combined annual output of up to 150,000 litres, would be built in Luanda, Malanje and Lobito and create three hundred jobs.

## LEGAL Update

### Drivers' Licences – New Renewal Deadlines

The new validity dates of the driving licences introduced by Decree Law 45/2005 of the 25th of February came into force on the 1st of January 2008.

This was the Decree which approved in Portugal the European model of the driving licences we are familiar with today.

The existing driving licences of different models issued previously will keep their validity but they will be replaced by the European model as and when they are subject to any alteration.

In respect of the new validity dates, they are as follows:

- For drivers of vehicles of categories A, B and B+E of subcategory A1, B1, the validity of the licences expires when the holders complete the following ages: 50, 60, 65, 70 and, subsequently, every two years;

- For drivers of vehicles of categories C and C+E and subcategories C1 and C1+E, the validity of the licences expires when the holders complete the following ages: 40, 45, 50, 55, 60 and 65 and, subsequently, every two years;

- For drivers of vehicles of categories D and D+E and subcategories D1 and D1+E, the validity of the licences expires when the holders complete the following ages: 40, 45, 50, 55, 60 and 65

The above renewal dates are only applicable to who ever, becomes the referred ages after the 1st of January 2008. If, for example a driver turned 60 on the 31st of December 2007, their next renewal date would only be in 5 years time.

The referred validity periods apply to all licences issued before the Decree Law 45/2005 came into force. Shorter validity periods can be fixed following medical exams or psychological observation to which the driver may be submitted by imposition of the authorities.

The renewal of the licences must be applied for during the six months preceding the expiry date. Apart from the appropriate forms, the application includes filing a medical certificate confirming physical and mental capacity of the holder.

The application for renewal must be filed at the district services of the IMTT – Instituto da Mobilidade e dos Transportes Terrestres, IP which replaced the DGV (Direcção Geral de Viação) in what concerns the matters relating to drivers and to vehicles.

In the event of the drivers not renewing their license within the due date, they may still submit the application within the following two years without having to take new driving exams. However, they will not be able to drive until the renewal takes place. Driving under such circumstances would correspond to a traffic offence according to the Portuguese "Código da Estrada" (Driving Code).

The requirement to renew the driving license as per the terms and conditions above mentioned applies only to Portuguese licences. A foreigner, even if a registered resident in Portugal, with a foreign driving license, is not subject to these renewal rules, but to the ones resulting from the country of origin of the license. As a resident in Portugal a foreigner must register the Portuguese address with the IMTT. This is effected through a specific form which after being stamped by the IMTT must be carried when driving in Portugal so that it can be produced to the authorities together with the driving license.

However, when a foreign driving license expires and its holder, being a resident in Portugal, wishes to renew it, the rules and regulations of Decree Law 45/2005 will be applicable.

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Traders at the Sete Rios underground station predict losses between 20 and 30 per cent with the re-opening on Saturday of the section of rail to the Róssio, but the more optimistic are hoping that clients will maintain their old routine. (Photo: Lusa / André Kusters)

## The tangled web of U.S. tax preparation

For a number of years, *Money Magazine* would hold a contest between fifty tax preparers representing every state in the union. The publisher would provide each preparer with the same tax data in the role of a fictitious client. In most years, the results of each return were different – no two were identical.

In spite of the fact that each tax return was prepared using tax software, the differences in each return was because the judgment and training of no preparer was the same. Concepts of accounting can vary even among those who have studied the subject. What constitutes cash income and what expenses are deductible. Is income recognized in the year incurred or invoiced? Are expenses 100% deductible or must some formula be applied based on usage? Does the taxpayer materially participate in the activity? How are passive activity losses applied? When is a business declared a hobby and the deductions consequently denied? What are the qualifications for taking the foreign earned income exclusion? What happens when the exclusion amount is exceeded? What about medical costs related to a nursing home or elderly parent?

As there are over 1,700 pages in the Internal Revenue Code and perhaps three times this number in the Regulations, the challenges of tax preparation can be daunting. The best a tax preparer can do is prepare a tax return based on verifiable evidence provided by the client so that in the event of audit the return is defensible.

Not infrequently will an American expatriate prepare his or her own tax return. Tax software such as Turbo-tax costs around \$20 to \$35 and can be purchased on-line at [http://www.taxbarron.com/books\\_software\\_more1.htm](http://www.taxbarron.com/books_software_more1.htm), click Tax Software, or at <http://www.amazon.com>. It takes the novice step by step through the preparation process. Software or even manual preparation requiring little skill owing to a fewness of income flows is manageable. But throw in a few ques-

tions like those listed above and tax preparation can quickly turn unmanageable.

Our firm uses professional tax software as well as relying on technical tax resources to prepare US tax returns.

Barron Harper is a member of Albo Euro-Consult ([www.albo.org](http://www.albo.org)), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants ([www.natptax.com](http://www.natptax.com)). He specializes in US International Taxation for American expatriates. [taxbarron@yahoo.com](mailto:taxbarron@yahoo.com) / (00351) 91 935 9809.

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### ATTENTION

#### TO ALL CANADIAN CITIZENS LIVING AND TRAVELLING IN PORTUGAL

The Canadian Government informs all its citizens that they should register at the Canadian Embassy in Lisbon in order to be contacted in an **EMERGENCY SITUATION**.

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Av. da Liberdade, 196/200-3º  
1269-121 Lisboa  
Tel: 21 316 4600 / Fax: 21 316 4693  
or go online at: [www.voyage.gc.ca](http://www.voyage.gc.ca)

### ATTENTION

#### À TOUS LES CITOYENS CANADIENS RÉSIDANT OU EN VISITE AU PORTUGAL

Le Gouvernement du Canada informe tous les citoyens qu'ils devraient s'inscrire à l'Ambassade du Canada à Lisbonne à fin de pouvoir être rejoints **EN CAS D'URGENCE**.

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# Pakistan Election

The opinion polls could be wrong by as much as ten or fifteen percent, and they'd still tell you a lot about the state of Pakistani public opinion. As the country heads into the election that was postponed for six weeks after the assassination of Benazir Bhutto in December, what the polls are saying, basically, is that the president, Pervez Musharraf, is about as popular as piles.

The elections on 18 February are for the National Assembly (parliament), so they do not directly threaten the former general's grasp on power. Musharraf had himself re-elected to the presidency last October (after attempting to dismiss the chief justice of the supreme court, whom he suspected of planning to challenge the validity of the process). But the real game is about whether he stays in power or not, and that is very much in doubt.

The depth of his unpopularity is truly impressive. A poll conducted recently by the International Republican Institute, a right-wing American organisation for the promotion of democracy abroad, gave Musharraf's approval rating as a scant 15 percent. That is a 50 percentage-point drop since November. Seventy-five percent of respondents said that Musharraf should resign — and 62 percent believed that his government had some role in Benazir Bhutto's assassination.

This popular conviction that Musharraf had Bhutto killed is very useful to the party she led, the Pakistan People's Party (PPP), as it guarantees a large sympathy vote. It also explains the PPP's stubborn insistence, in the face of much evidence to the contrary, that Benazir Bhutto was shot and not killed by the subsequent explosion. It seems a niggling detail to outsiders, but it matters electorally since the Pakistani public tends to believe that it is extreme Islamists who blow people up, whereas the government would employ snipers or other shooters.

A rival poll conducted at the same time by another US-based organisation, Terror-Free Tomorrow, produced almost identical results.

These are not numbers that the Bush administration would be eager to hear, since Musharraf is its protegee. He has been Washington's loyal ally in the "war on terror" since September, 2001, and his government has been rewarded with about \$10 billion in American aid.

Given all this, the IRI's report that 89 percent of Pakistanis oppose any cooperation with America's "war on terror" would be especially unwelcome to Washington. Whatever their flaws, the figures have not been manipulated to serve the purposes of the US government. So what do these polls tell us about the outcome of the election?

They say that Musharraf's tame party in the parliament, the Pakistan Muslim League — Qaid-e-azam (PML-Q), will be thoroughly humbled in the election, winning as little as 14 percent of the popular vote.

Bhutto's PPP, now led by her husband Asif Ali Zardari, will benefit greatly from her death, winning half the votes cast and emerging as the biggest party in the new parliament.

The party of Nawaz Sharif, the man whom Musharraf ousted as prime minister when he carried out his military coup

in 1999, is predicted to get 22 percent of the vote. So between them the PPP and the Pakistan Muslim League — Nawaz (PML-N) are likely to get almost three-quarters of the votes. That is probably enough to drive Musharraf from the presidency if the leaders of the two opposition parties can stick together.

This is not at all what Washington intended when it put its money on Benazir Bhutto. Her return from exile began as part of a US scheme to shore up Musharraf's tottering rule by engineering an alliance between the two.

The idea was that Bhutto, in return for an amnesty on the various corruption charges facing her, would come home, win the parliamentary election, and become prime minister. In return, Washington's favourite Pakistani general would finally take off his uniform (three years after mandatory retirement age) and emerge as a civilian president enjoying Bhutto's support.

No detail was overlooked. Even the date of the amnesty was chosen so that Bhutto would benefit from it while her main civilian rival, Nawaz Sharif, would not. But Benazir Bhutto's assassination changed all that.

Whatever the Pakistani public chooses to believe, it is most unlikely that Musharraf organised Bhutto's assassination. The political compact between the two was far from settled, but it was still Musharraf's best hope of clinging to power. That hope is now fading fast.

On Tuesday Sharif and Zardari met in Lahore and pledged to form a coalition government after the election. It is an unlikely coalition, for the two parties have traditionally loathed each other, but if it last long enough it would have the political strength to impeach Musharraf, whose "re-election" last year was deeply suspect from a legal point of view.

That would be deeply distressing for the Bush administration, which would lose its most important and obedient ally in the "war on terror." But it would be a very good thing for Pakistan, whose 165 million people deserve something better than an unending parade of generals ruling over them. And it would probably also be a good thing for the real struggle against terrorism in the long run, since the "war on terror" has been the main recruiting agent for Islamist extremism ever since 2001.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries



Gwynne Dyer.



Nawaz Sharif (L) two-time former prime minister talks with journalists during a joint press conference with Asif Ali Zardari (R), the widower of slain opposition leader Benazir Bhutto and the co-chairman of Bhutto's political party Pakistan People Party (PPP) at Sharif's residence in Lahore Pakistan 12 February 2008. The main opposition parties have agreed to contest the elections scheduled for February 18, but are already claiming that President Musharraf's caretaker government is working to rig the polls in his favour. (Photo: EPA/Rahat Dar)

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## ‘Chocolate & Nutrition’ luncheon



Forty-eight Americans, friends and guests enjoyed a lively presentation, last Wednesday as part of the Americans in Portugal luncheon, when Odete Estêvão, President of the Cacau Clube de Portugal - The Chocolate Club - and Dra. Madalena van Zeller Muñoz, a Licensed Nutritionist, created a program designed to stimulate the senses, teach the merits of eating dark chocolate, and at the same time advise how not to gain weight while enjoying such treats.

After consuming an amazing 20+ item gourmet buffet, served by Mizé, at the *Conversas na Gandarinha*, the Cascais Cultural Centre Restaurant, Odete placed in front of each participant a clean plate with freshly-ground natural cocoa powder, six small pieces of dark chocolate, covered them with a clean white paper table napkin, set down a glass of freshly-brewed cocoa drink, and began her presentation. She then proceeded to explain to the entranced audience how to properly taste chocolate: letting it slowly melt in your mouth, embracing the aroma, swallowing, and allow-

ing the after-taste to linger in your mouth to thoroughly enjoy the experience.

Odete, who is attractively-thin and exhilarating to listen to, initially had the audience and this writer believing all they had to do was give-up most of their favorite (fat-producing) foods and simply consume dark chocolate throughout the day. However, Nutritionist, Madalena Muñoz set us straight. Losing weight and keeping it off, she explained, is more a process of eating a correct combination of the right foods, exercising daily, letting sugar-laden desserts go, and yes, consuming only the better

brands of the dark chocolate: i.e., those made with natural cocoa-chocolate, and not sugary substitutes which are found in most candy bars, over-the-counter candies, and what passes for chocolate but is not. Madalena advised us to read the labels carefully not only on chocolate, but on most everything we eat or buy.

On March 26, 2008, President of the Cascais Council, Mayor António D'Orey Capucho, will be Americans in Portugal's next speaker. Reservations, which can be made by sending an email to [ddprice98@hotmail.com](mailto:ddprice98@hotmail.com), will be required. The topic on which Mayor Capucho will speak will be announced at a date closer to the event.

Americans in Portugal posts photos of all of its luncheons on its website: <http://ampportugal.planetaclix.pt>.



Odete Estêvão, President of the Cacau Clube de Portugal showing how cocoa is mixed in making chocolate, at the Americans in Portugal Luncheon.



Nutritionist, Dra. Madalena Muñoz, answering an AMP audience member's question about the effects of exercise on weight control.



## The Machine that Saved My Marriage

evening. But the saying that "Love is blind" held forth and I chose to ignore her warning—until I got to experience it myself. I'm not certain what was worse: the incessant racket of the snores or the pauses between them when I began to realize that Don was holding his breath for longer than normal in the night. I had no name for it at the time, but I sensed that all was not right on his side of the bed, not to dismiss mine where sleepless nights finally forced me, on occasion, to seek refuge in a spare bedroom. Once when we travelled, I was so sleep deprived that I asked for adjoining rooms. The desk clerk, (a woman) looked at me sympathetically, "I understand, Madame, she said, "My husband snores too." Finally, my concern for Don's health, the awkwardness of the sleeping arrangements, plus the excessive costs, led Don to undertake a sleep study at the British Hospital in Lisbon. (Medis, by the way paid for it). He slept the night there while hooked up to multiple wires and sensors. When he came home the next morning (after I had one of the best sleeps of my marriage), he reported, "The technician says I snore...and that I stop breathing." And I retorted, "I could have told you that!" But somehow the official report carried more weight than my nagging. The hospital then delivered

a lengthy report to Don's doctor who immediately indicated that a CPAP machine was necessary and probably urgent. Don, in his typical thorough fashion, went to Lisbon to check out the varieties of CPAP's available and finally settled on the Tyco GoodKnight 420 Evolution serviced in Portugal by Linde Gas Therapeutics (Tel: 800 22 0 022).

He made the correct choice. In the two months since he has had the machine, three technicians have come to our home to read the chip inside, make sure it's functioning correctly, and to advise Don on correct positioning of the Velcro straps that hold the mask tightly to his head. I've been so impressed by the high level customer service that I often remark

to Don "Where else in the world would you get this level of care and attention?" Medis has covered most of the expenses, and Don's snores are now inaudible. So, back to the bedroom I went. It is true that the machine, which

## US Democrats Abroad in Portugal record numbers at voting centre in Cascais

An unexpected bonus was the number of US citizens who requested absentee ballots for voting for President on November 4<sup>th</sup> in their last state of residence. For those US citizens abroad who have not applied for an absentee ballot to vote in November it is possible to do it on-line by going to the website [www.votefromabroad.org](http://www.votefromabroad.org).

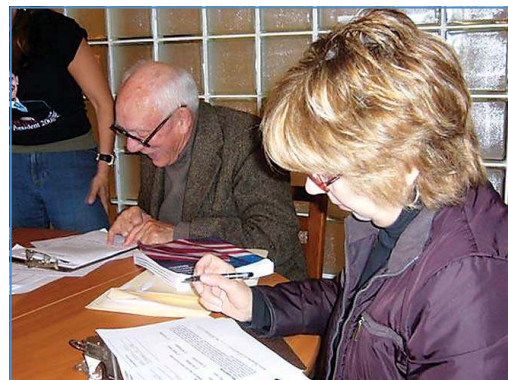
The Global Primary has given an electoral voice to the millions of American Democrats living overseas. Across the board we are seeing a great diversity of voters taking part in the process, including many first time voters.

The results of the Global Presidential Primary are the first step in selecting the 22 delegates who will represent Democrats Abroad at the Democratic National Convention in Denver, Colorado August 25th - 28th.

At this time, there are expected to be 4,049 delegates to the National Convention and therefore a candidate needs 2,025 votes to secure nomination. Almost 1,700 of these votes were determined on February 5<sup>th</sup>, Super Tuesday with Hillary Clinton and Barrack Obama split evenly.

Democrats Abroad will announce the results of the Global Presidential Primary by February 21st.

For further information about Democrats Abroad in Portugal contact the Chair, Gilbert Wells, at Tel 21 929 1372 or via e mail [Chair-PT@democratsabroad.org](mailto:Chair-PT@democratsabroad.org)



Ramona Dietrich, right, votes in first Global Democratic Primary in Cascais. Dams Abroad Portugal Chair, Gilbert Wells, seated, left, checks registration forms.

## New association to breathe fresh life into historical Cascais buildings

Recently-created association COMCASCAIS has big plans for in and around Cascais and Estoril, the main goal being to revitalize shopping and entertainment in the towns' historical areas, as well as boosting the appeal of touristy hot-spots.

During COMCASCAIS official introduction in Paços do Concelho, local Mayor António Capucho explained how the association had been devised to combat the region's dwindling traditional commerce, promoting constructive action between local businesses and other entities.

It has been acknowledged that Cascais, as with many historical villages, has suffered from the desertification of its centre as well as competition from large-scale shopping centres. Other issues that COMCASCAIS has been assigned to solve.

Paredes and Carcavelos are also set to benefit from the association, at a later date.

Made up of three city hall employees, COMCASCAIS is starting its mission with a strategic marketing campaign, starting with trying to harmonize Cascais and Estoril's working timetables.

Market studies are being carried out to assess the local economies' current state, and entertainment is being organized to attract more people to the localities.

Maintaining high standards of cleanliness and improving roads are other priorities.

## Westheimer

only weighs 760 grams, emits a slight noise itself, but it's a pleasant reprieve from the howling snores of before. Best of all, the machine delivers air to Don as he sleeps assuring him that even if he stops breathing, he will continue to have the necessary air pressure to keep him alive. Is it a cure for his apnea? No, but it is a long-term solution that both of us are happy to accept. The only things that might reduce his need for the machine are weight loss and stopping drinking wine in the evening. And from what I've seen so far, I think we'll be with the CPAP machine for a long time to come in the future!

[patwestheimer@gmail.com](mailto:patwestheimer@gmail.com)



Snooring is probably the precursor to apnea, at least it was in my husband's case.

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Priscilla Morgan, director of the 'A Portada' theatre group's latest hit play 'See How They Run'. (Photo: The Portugal News)

## 'See How They Run's leading lady

Priscilla Morgan has enjoyed a successful and varied career as an actress, and now she is enjoying success as director of the 'A Portada' theatre group's latest hit play 'See How They Run', which was, in fact, so successful that it has been invited to extend in Vale Do Lobo, on February 23<sup>rd</sup> and 24<sup>th</sup>.

For those of you who missed it in Lagoa and Faro, now is your chance to see the acclaimed production.

Originally by Phillip King, this old-fashioned farce presents endless entertaining cases of mistaken identity, involving a reverend, a frivolous ex-actress, and a war veteran, amongst others. It

is a very technical and elaborate play with a cast of nine, a satisfying challenge for director Priscilla.

Priscilla has enjoyed her fair share of fame and glamour. She has shared stages and TV screens with names like Rita Hayworth, Vanessa Redgrave and Benny Hill. She has seen Hollywood in its heyday, and her name in lights.

"I knew I wanted to act when I was five. It was all I wanted to do. My brother and I had a glove-puppet show, and that was how it started. It was during the war, so we would go round the army camps and RAF hospitals to entertain injured soldiers and such".

Married to legendary Dad's Army actor Clive Dunn, Priscilla

is not yet ready to put her love of acting to bed, though has now opted for life behind the scenes.

"I didn't realise I missed it so much", she told *The Portugal News*.

She jokes. "As an older woman it gets increasingly harder to land good parts. There are around five roles a year for the older woman, and Dame Judy Dench takes most of those!"

"But as a director there is always a challenge. And working with good actors can be very exciting".

Choosing the play itself is also a key to its success, according to Priscilla.

"Choosing something you want to be with for such long periods of time isn't always that easy!"

She enthuses of the actors in the current 'A Portada' play, some with whom she has worked and directed before, others who are complete novices.

"We have to remember that these people are all non-professionals; they have day jobs and babies. So it is even harder for them. But they have all put their mind to it; they all want to do it and that's what makes their performances so brilliant. When you really want to do something and put your mind to doing it, that is when it comes out best".

Tickets cost €22. For more information and/or reservations, call: (+351) 289 353 322, fax: 289 353 001, or e-mail: events@vdl.pt.

## Odiáxere to be removed from EN125

An new urban re-planning document devised for Odiáxere and that was unveiled last week in Lagos city hall defends the need for alternative access roads to remove it from the main EN125, which presently cuts through the middle of the densely populated village.

Lagos Mayor Júlio Barroso unveiled the proposal, which will be welcomed by the local population of Odiáxere, who for years have been campaigning for an alternative solution.

As it stands, the EN 125 cuts directly through the heart of the village, leaving numerous homes with the busy road right on their doorstep.

To try and guarantee more pedestrian safety, traffic lights were placed along the built-up stretch, though this only helped to slow traffic down and cause lengthy queues. Once approved by the local council, this considerable alteration will be presented to the government as part of the Algarve-wide 'EN125 improvement project', and should be in motion by the end of March.

## 100 not out!

Having started with an adult congregation of about 45 in July 2006 All Saints Anglican Church hit the 100 barrier last Sunday, 10<sup>th</sup> February 2008 on what could be called "an ordinary Sunday". It is something that the Church Council had set as one of its major goals last October when the Council spent a day in study, prayer and sharing about the church's future.

We asked the Rev'd Eric Britt, the Priest-in-charge how he could explain the growth in his congregation, and he replied "I believe people are

drawn to All Saints because of our contemporary worship, the warmth of fellowship and relevant preaching". Indeed one visitor spoke of All Saints being "a spiritual beacon within the Algarve".

Next Sunday, the 17<sup>th</sup> February All Saints is expecting to exceed the 100 attending church when they hold a "Thank you God for our Friends Service" which will be held at 10.30am in the Almancil Community Centre, with the Chapter One Music Group

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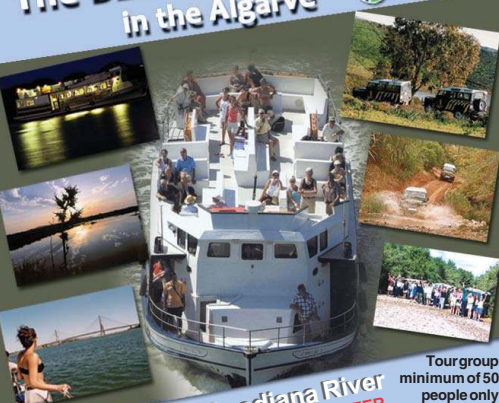
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Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

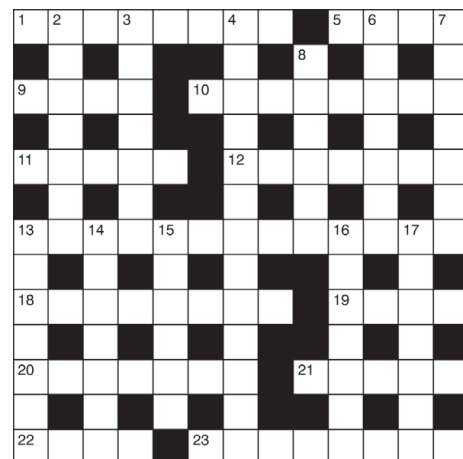
	8	9				5	2	
3				5				9
			9		4			
	6		3		5		9	
		2				7		
	7		2		1		3	
			8		7			
8				1				6
	5	7				9	4	

Last weeks solution:

5	8	4	1	2	9	6	7	3
3	2	1	5	7	6	9	4	8
6	7	9	3	8	4	2	5	1
7	1	2	6	9	3	5	8	4
9	6	3	4	5	8	1	2	7
8	4	5	7	1	2	3	6	9
2	5	8	9	4	1	7	3	6
1	3	7	8	6	5	4	9	2
4	9	6	2	3	7	8	1	5

For tips on how to solve Sudoku puzzles, browse the forums, go to [www.sudoku.com](http://www.sudoku.com)

## The Portugal News Crossword No. 179



### QUICK CLUES

#### ACROSS

- Manacle (8)
- N. Zealand bird (4)
- Flaccid (4)
- Eastern (8)
- Vacillate (5)
- Carry out (7)
- Deception (13)
- Tolerable (8)
- Ray (4)
- Admit (7)
- Braid (5)
- Whirlpool (4)
- Candidate (8)

#### DOWN

- Disturb (7)
- Empty (7)
- Absent-mindedness (13)
- Encroach (7)
- Malady (7)
- Disclose (6)
- Collapse (7)
- Fettered (7)
- Idols (6)
- Vague (7)
- Post (7)

### QUICK SOLUTIONS No. 178

Across: 1 Unconcerned; 9 Rip; 10 Financial; 11 Deter; 13 Promise; 14 Commit; 16 Ordain; 18 Sapling; 19 Theft; 20 Operation; 21 Oil; 22 Penetrating.  
Down: 2 Nip; 3 Offer; 4 Canape; 5 Rancour; 6 Eliminate; 7 Predecessor; 8 Alternately; 12 Timepiece; 15 Imitate; 17 Ugly; 19 Tenet; 21 Own.



## Hotel elite drop "plastic smiles"

Fifteen students of the Hotel Management and Tourism School of the Algarve have swapped their jeans for uniforms, making themselves the new team in hotel management and catering, where they learn behavioral methods to deal with customers.

Members of this group are essentially the "guinea pigs" of the most recent course, "Learning OnJob", that started this year and has as an objective to put students in contact with psychological behavioral areas to learn to manage group conflicts and to be much more than a waiter with a "plastic smile".

"Customer service isn't only having a plastic smile and writing down the orders. It's more than that, it's providing the client with information on the region and being able to suggest a bottle of wine for a determined dish", the director of the Hotel Management & Tourism School of the Algarve Manuel Faustino told the Lusa News Agency over the weekend.

The course, that takes fifteen months and 100 working hours in restaurants and bars, has the advantage of dividing between lessons in Faro and formation

"OnJob" in seven hotels of the Vila Galé Hotel group of the Algarve. This gives the students the "feel" of working in the area.

During most of the year, the course divides in two days at school and three at the hotels, although August is spent entirely at the hotels so that students get the notion of what it is like working in the peak of the summer season.

This course is for students aged 18-25 and even the teachers have had teaching in the behavioural psychology and social relations areas. The director defends that from the technical point of view this school can compare to the best international schools but admits that in the psychology sector improvement is required, generally by giving the customer cultural information of the region.

Kitchen Chefs Joaquim Fitas and Mário Paulo are unanimous when saying that students from the school "Start as children and end as adults with better habits and more refined attitudes."

The "OnJob" initiative is sponsored by the Tourism Institute of Portugal, the Innovation and Economic Ministry and also has cooperation of the Vila Galé Hotel Group.

At the end of the course, the new "gourmet" hopefuls get a Level 3 portfolio and the Vila Galé group employs the best student in one of the existing hotels in Portugal.

The school director is proud that the Algarve was the region chosen for the course and believes that more graduates will get work at the Vila Galé group, if they look for excellence. One of the main purposes is to have a bigger cooperation between the State offerings and the experience of the private sector. The next step is to get partnership with Sonae or Pestana groups.

A student that leaves with qualifications in the Tourist Services aspires to make at least €1,000 a month, a value that can rise up to €2,000 if he/she excels at the job. Every year around 200 qualified students emerge, seven percent go to Higher Education and almost 100% of the cooking course students have guaranteed work.

The Regional Health Administration of the Algarve has opened an inquiry after several complaints from users were made due to the fact they cannot get a consultation because one of the doctors has been on sick leave for over six years.

Aljezur residents have called for urgent measures to be taken regarding 1,230 citizens not having had access to a general practitioner since 1995.

The doctor has been on continuous leave since 2001 and in the last decade has been absent several times from work, although, according to the president of the regional health administration, she has been acting in accordance with the law.

## Helping the environment also helps businesses



From left to right: Joaquim Machado and José Matias. (Photo: The Portugal News)

Pestana Vale da Pinta Resort was recently awarded the first Eco-Golf certificate to be handed out in Portugal.

The Eco-Hotel and Eco-Golf certificates have as an objective

to ease the initiation of an environmentally friendly policy into hotels/resorts and also give them differentiation in the competitive tourism market.

TÜV Rheinland brought this certificate to life so a reduction of contamination and degradation of the environment is upheld whilst maintaining the cultural wealth and bio-diversity of the surrounding areas.

José Matias (General Manager Pestana golf resorts) and Joaquim

Machado (General Director Pestana) were present to receive the certificate (pictured).

During the ceremony Manuel Grosso, head green keeper of Pestana Resorts, said that not only did these strict regulations help the environment but they also helped the resort who can now discriminate all the wastage of energy, water and residues; helping to see where their money is going, consequently cutting down costs.

## Aljezur demand heads roll at sickly health centre

A group of citizens have expressed their dismay with the way the Health Center in Aljezur is run and have consequently made a petition to the Minister of Health to resolve the problems within the unit.

The Regional Health Administration of the Algarve has opened an inquiry after several complaints from users were made due to the fact they cannot get a consultation because one of the doctors has been on

sick leave for over six years.

Aljezur residents have called for urgent measures to be taken regarding 1,230 citizens not having had access to a general practitioner since 1995.

The doctor has been on continuous leave since 2001 and in the last decade has been absent several times from work, although, according to the president of the regional health administration, she has been acting in accordance with the law.

The group of citizens has called for the dismissal of the director of the unit and classify him as incompetent, not only for failing to resolve this situation, but also due to his alleged aggressive behaviour towards locals.

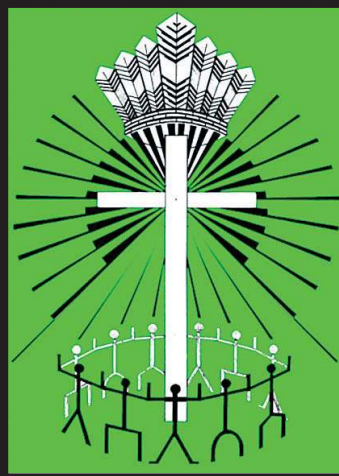
In a statement published by the Lusa News Agency, the unit's director (Manuel Ramos) showed "indignation" at the accusations against him and refused to take responsibility for the absence of the doctor who has been on sick leave since the turn of the millennium.

But Manuel Ramos admitted that the doctor's absence caused problems at the centre and that the three doctors employed there at the moment are not sufficient to serve the district, and its more than five thousand inhabitants.

### Dr John Piper MB, BS, FRCS

Surgery at Aramação de Pêra  
Clipsa - Clínica Particular de Saúde, Lda -  
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8365 Armação de Pêra. Call 282 315 761



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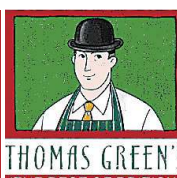
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Almancil)

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282 380 311 any time

ANGLICAN CHURCH



# goodfood

## Food from 'the sexiest chef'

Jean-Christophe Novelli has been described by the New York Times as 'the world's sexiest chef'. Just talking about food with the TV chef is a sensual experience.

It's not just his dark looks, and chocolate brown eyes, but his passion and enthusiasm as he talks in his sexy, simmering French accent about the importance of "using ze flavours, and experimenting. It should be fun and sooo eezay.."

I guarantee even those with a serious allergy to a hot stove would find it difficult to resist rushing to tangle with some pans and rustling up a feast just to impress him. So the man who's been described as able to make women 'swoon at the flick of his whisk' seems the ideal person to turn to for advice on preparing a romantic meal for two.

He says wisely: "Ahh, food can be very sexy but it's definitely not enough on its own to seduce a woman - you need to have that special connection."

"Many men tend to try to over-impress if they cook for a woman and it often ends in disaster. Women also can try too hard to make an over-elaborate

dish, which is tiring to prepare and then they are hardly likely to be in the mood for romance after all that effort."

Instead, Jean-Christophe believes simple and easy and bursting with flavour is the recipe for success.

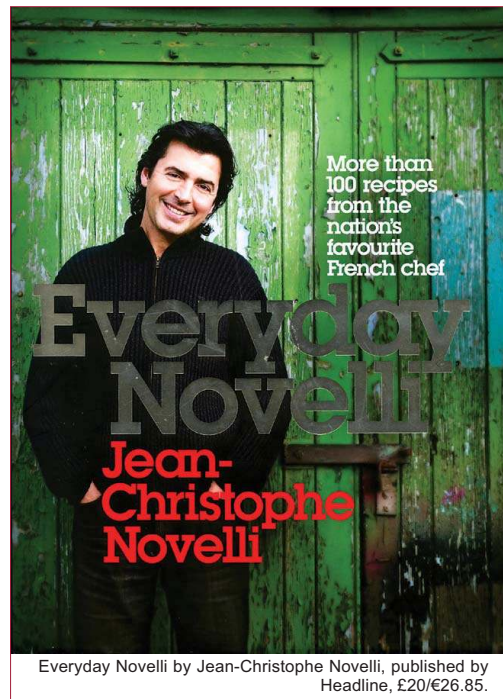
"The secret to any romantic meal is to make it look as effortless as possible. Ideally, choose recipes that you can prepare beforehand, so you minimise the amount of time you spend in the kitchen. After all, your attention should be totally on your partner."

The multi-Michelin-starred chef has gathered together a treasure trove of accessible and inspiring recipes in his new book, *Everyday Novelli*. He wants it to be like a friend in the kitchen and "end up covered in butter and flour as you cook from it day after day..." (see, he even manages to make the book itself sound yummy!)

It's filled with recipes, many

using seasonal ingredients and fresh herbs, for every occasion from a leisurely brunch to a fast lunch, a satisfying supper to dinner party delights. "I hope it will give people the confidence to find new flavours for their cooking. Introducing spices and new flavours to meals is very much like a gathering of people, a little at a time and in order."

There are plenty of ready-for-romance recipes - Honey Roast Pumpkin Soup for a starter, one of his mother's favourite dishes, Maman Novelli Chicken Fricassee and Strawberry and Lemongrass Skewers.



**S**hanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese

dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

**Cattleman Pool & Garden Restaurant** is easily found, located on one of the main roads

in Carvoeiro. Offering basic "real food for real people" it specialises in steaks, but also has an international choice. Both the food and wine menus are stylish, with prices to match. The 'Cattlemen's Mixed Platter', a mixed steak variation served with an assortment of side orders, sounds fantastic. There is a limited children's menu.

**The Cornish Range** in Burgau offers a taste of Corn-

nothing too heavy.

"Remember to concentrate on the food your partner likes, and avoid strong food that taints your breath and colours your teeth. Romantic ingredients come in many forms, but vanilla and honey have to be some of the most widely recognised ones along with soft ice cream and chocolates."

*Gabrielle Fagan*

**Next week another of Jean-Christophe's recipes from his new book: - Cod Brandade Glazed With Red Peppers.**

**The Portugal News**  
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[www.the-news.net](http://www.the-news.net)

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### Restaurant guide

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Rua do Comercio, 94 R/c, Almancil  
Tel: 289 397 642

#### The Battering Plaice

British Fish & Chips  
Open: Mon-Sat 12.00-14.30 & 17.00-22.30.  
Sundays 18.00 - 21.00  
Next to the Post Office, Almancil  
Tel: 963 731 736  
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Open: Daily 18.00-23.00  
Sítio das Escanxinas 504A, Almancil

Tel: 289 355 005

#### ALVOR

#### Food Passion

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**Faja Lobi**  
International & Suriname Cuisine  
Open: 5:00 - 10:00pm  
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#### LAGOA/SILVES

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Open: 18:00 - till late  
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#### LAGOS/LUZ

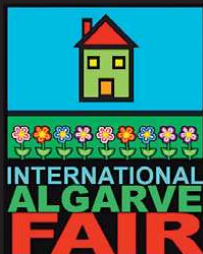
**Vila Palmeira**  
Gourmet restaurant  
Open: Restaurant - 19.00 to 24.00  
Bistro & Bar - 11.00 to 24.00  
(Both closed Mondays)  
Meia Praia, Lagos  
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Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.  
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Rua Lançarote de Freitas, 46, Lagos  
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BOOK NOW, WHILE THERE'S STILL SPACE



# A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to [algarvefair.com](http://algarvefair.com).

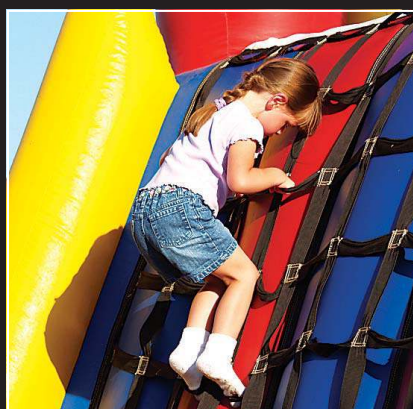


## Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

## Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialties, Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

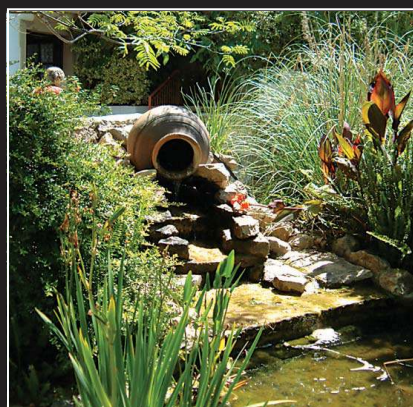


## Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

## All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns, A Kinda Swing and Legends in the Arena.



## Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

## Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



## The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

## Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



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### Re. Pat Westheimer's writings

SIR, I don't usually read religious pages, so am not familiar with the writing of Pat Westheimer (PW), and I was not aware there was such a thing as Holocaust Remembrance Day. Despite PW's praises, I think it's a thoroughly bad idea. But then I think anything that seeks to emphasize the differences between people is ultimately self destructive.

I'm not a Jew; I'm not an anti-semitic; I'm not white or black, I'm a human being. More importantly I didn't invade Britain from Scandinavia and commit rape and pillage. I'm not an Arab involved in the slave trade. I didn't fight with Cromwell to suppress the Irish, nor did I fight in two world wars. I am neither a victim nor guilty of oppression. I have nothing to atone for. I will therefore not be celebrating (if that's the right word) Holocaust Day.

One of the main ways of fostering conflict is to emphasize differences between people. What separates a Jew from a Gentile? One mob has god on its side, the other mob is trash? Or are we all simply human beings? Most Jews don't make an issue of their religion, they just get on with their lives. Those that do, the Zionists, are not too dissimilar from Moslem fundamentalists. They make a very loud distinction, and back it up with fire and brimstone.

If you come across me in the supermarket I am just another guy, and we can smile and say hello. If I wear a placard round my neck saying Victim of the Holocaust, I am inviting someone

to say "serve you right".

If PW is genuine in wanting to get rid of anti-semitism then she should stop her activities right now as they are fostering it. It does not help the cause to keep on going on about something that happened before most of us were born. We had nothing to do with it, and if you keep prodding a wound it will continue to bleed. How about letting it heal.

PW is apparently remembering "Jewish people and others". Do the Jews count and are therefore entitled to be named, whereas the rest are just nameless others?

It doesn't help to lie. She says more than 2.2 million were exterminated at Auschwitz. There used to be a plaque on the wall pointing out that 4 million people died there over a four year period. Note "people", not "Jews". The plaque was changed a few years ago to one and a half million. The International Tracing Service, which has a complete set of registration documents for the camp, states 135,000; 30,000 of which are listed as Jews. Lying about the numbers merely gives anti-semites more ammunition for another hate campaign. It doesn't help.

The guide book points out that most of the inmates were Poles, Russians, and gypsies. I guess they don't count in the Israeli love-in. There were twenty or thirty times more of them than the Jews, yet they just get lumped together as "others". This attitude that Jews count while everyone else is just "others" helps foster more division and resentment. It is time people like PW realized the stark truth that the

holocaust was not a Jewish thing. The extermination was aimed at mental patients, homosexuals, gypsies, Russians and Poles as well.

Maybe PW has good intentions, but might I remind her of the proverb 'The road to hell is paved with good intentions'. You know you've got it wrong when you have to lie to support those intentions.

I know you all felt a warm glow taking part in this particular day out, but do think of the fallout before you go next year. The minute you take to the streets to support a cause you will be encouraging someone else to get up and oppose, especially if you so misrepresent the event you are remembering. If you really want to foster goodwill why not smile at someone when you next pass in the supermarket. And don't smile at a gypsy just because they get a bad press and you feel a bit guilty; smile because you are looking simply at a human being. It doesn't give you quite the same warm glow as being part of a cause, but it's something you can do every day instead of just once a year.

JOHN CLARE, Arao

### The notions of Paul Joseph

SIR, The notions that the Bank of England and Wall Street financed Hitler's world war 2 programme and that figures published by the New York-based Jewish Almanac in 1938 and 1948 turn the Holocaust on its head (advanced by Paul Joseph 9 Feb. 2008) "remain unproven".

NORMAN WALKER, Moncarapacho

### Joseph's Amazing Geocentric Dream?

SIR, The ball is in Mr. Joseph's court (Letters 9th February). As a great wealth of scientific evidence is easily available which shows that the heliocentric principle has been well-

established, it's up to him to provide objective proof to justify his defence of an earth-centred universe.

He obviously believes that he has proof positive that the sun does revolve around the earth. Can he also confirm that the moon is made of green cheese, and that The Tooth Fairy and The Easter Bunny really exist? Please, Mr. Joseph, will you reveal the incontrovertible source on which your assertion of the truth of geocentricism is founded, to help justify these similarly incredible notions?

MICHAEL BAUGH, By e-mail

### Reply to Messrs. Joseph and Baugh

SIR, Paul Joseph challenges me and Michael Baugh to provide objective proof that the earth revolves around the sun - 'put up or shut up', as he phrases it. Well, I don't know about Michael of course, but I can't because I'm not sufficiently grounded in the necessary disciplines. However, proof does exist and is readily accessible - just go-a-Googleing like I did.

Since Galileo's confirmation that the earth moves around the sun, at least three major discoveries have provided additional support: Stellar Aberration (slight change in the position of the stars due to Earth's speed), Stellar Parallax (if Earth changes its position relative to the stars, then the stars should appear to change position in the course of the year) and the Doppler Effect (a slight change in colour of stars due to the Earth's speed). Each of which provides additional scientific, testable proof that the earth is moving around the sun and not the other way about.

All require a good grasp of advanced mathematics but illustrating Parallax can be done very simply by holding up a finger and looking at it with one eye at a time.

The finger represents a star and the two eyes the Earth's changing position. When you switch from one eye to the other, the object will appear to move against the background. The closer the object is to your eyes, the more pronounced the apparent movement is.

I would be interested to know on what objective proof Paul Joseph bases his apparent belief that the Earth is the centre of the Solar System.

A correction. I did not write that Paul Joseph was a 'Flat Earther'; I just wondered whether one of his odd sources, Martin Gwynne, had yet been persuaded to catch up with the times?

RON LAVERY, By e-mail

### Copper-knickers and all that

SIR, I am very impressed by the depth of knowledge, both theological and astronomical, displayed by some of your readers as I had previously thought the dispute settled by Ferdinand 'Jellyroll' Morton when, in December, 1926, he played and sang 'Geocentric give me Doctor Jazz'.

ALAN THOMAS, Paço de Arcos

### Church history

SIR, with reference to James Ross's letter entitled "Dyer should go to the movies", I would like to make the following points:

APOCALYPTO was made by a Catholic fundamentalist, so it should come as no surprise that life for the Indians before Christianity was portrayed as being

"nasty, brutish and short". What of course is not shown in the film is life for the Indians after the missionaries arrived when ancient civilisations were destroyed, land and resources stolen and the original inhabitants were treated as little more than animals by the "enlightened" European Christian settlers. In THE MISSION, the film actually shows how the church betrayed its native Christian converts into slavery in order to maintain its own wealth and power - hardly an edifying chapter of church history. His reference to the native north Americans as "savages" is telling - the fact that the white Christians virtually wiped out most of these peoples shows exactly who the "savages" were.

If we look at the history of the Christian church, it is not a glorious one - the Albigenian crusades, the crusades in the middle east, the burning of heretics, the Inquisition, the religious wars, the treatment of the Jews, the suppression of free thought and the terrorising of the ordinary people with tales of everlasting damnation - all this we can thank God we do not have to suffer nowadays. Unfortunately some Christians are forever trying to impose their way of life, their rules on the rest of us, but then whining about "discrimination" if ever anybody dares to stand up to them. So Mr. Ross, believe what you like but don't try and use history to justify your beliefs. You see, history just isn't on your side!

GLEN HAGUE, By e-mail

### Driest, from p.1.

The latest monthly weather bulletin, released on Wednesday by the Met Office (IM) has confirmed that the drought situation experienced in recent months persisted throughout January.

The Met Office further indicates that temperatures observed last month were higher than normal - both minimum and maximum.

Since records began, last January was confirmed as the second hottest ever, while the highest temperatures ever were recorded in 1981.

Thermometers were also 1.3° above the January average, additional data shows.

As far as the lack of rainfall is concerned, the whole country is in a state of drought, the Met Office explains.

At the end of January, 52 percent of the country was in a state of slight drought, 47 percent mild, while one percent was experiencing severe drought.

The month of February has not experienced much rainfall either, and up until the 13<sup>th</sup>, only 17.8 millimetres of rain had been recorded across the country - well short of the monthly average which is still a long way off at 112.2 millimetres.

Rain is predicted for much of next week, though it is not expected to result in a push sufficient to bring average figures to acceptable levels.

Portugal was in 2006 singled out in the Stern Review as being one of the European countries that will suffer most from global warming.

"The Mediterranean will see an increase in water shortages, heat waves and forest fires. Portugal, along with Spain and Italy, will be the hardest hit, which could result in a swing northwards in summer tourism", explained the report.

The four years leading up to 2007 were the hottest on record in Portugal while the drought in 2005 and 2006 was only broken by heavy rains and floods.

But this trend was turned on its head last year as weather patterns experienced yet another dramatic shift.

The summer of 2007 was confirmed as the coolest in two decades and also the wettest this century.

Average temperatures recorded last summer were 0.5 degrees below established figures since records began, making it the coolest summer in continental Portugal since 1987.

Taking into consideration only this century, between 2001 and 2007, the difference in temperatures measured in summer is even greater, with this summer 1.9 degrees cooler than previous summers.

It was also the first summer since 1997 to have not recorded a heat wave.

# 345

## Portuguese for all.

Na lição de hoje vamos iniciar o estudo do discurso indirecto.

Até à próxima lição, Emília Rosendo.

### Study this example situation:

**Pedro:** *Eu estou cansado.*

**You want to tell someone else what Pedro said, so you use reported speech:**

**O Pedro disse-me que (ele) estava cansado.**

**When we use reported speech, we are usually talking about the past, so verbs usually change to the past in reported speech.**

**estou ⇒ presente simples do indicativo**  
**estava ⇒ pretérito imperfeito do indicativo**

**Exercise: Read the situation and use reported speech as in the example below.**

Ontem eu encontrei um amigo, o Luís. Ele contou-me algumas coisas sobre a sua nova vida:

1. Eu já não vivo com os meus pais.
2. A minha irmã está no estrangeiro a trabalhar.
3. Eu moro num pequeno apartamento.
4. Eu trabalho numa oficina.
5. Eu almoço quase sempre num restaurante que é perto da minha oficina.
6. Eu acabo o meu turno às 6 horas da tarde.
7. Eu janto sempre em casa.
8. Eu normalmente leio o jornal ou vejo televisão antes de me deitar.
9. Eu acordo sempre às 7 horas da manhã.
10. Eu costumo jogar ténis aos sábados.
11. Eu gosto da minha vida.
12. Eu sou muito feliz.

No dia seguinte, encontro uma amiga a quem conto o que o Luís me contou no dia anterior.

### Exemplo:

1. O Luís disse-me que (ele) já não vivia com os pais dele.

### WHERE TO WORSHIP

**Sorry, we have no room for The Worship Column this week. For information on Where to Worship, please call 917 240 123 (any time)**



# Tagus Golf Society Plays the Ron Newstead Cups

32 Tagus golfers turned out to play the Ron Newstead Cups in the morning of Friday, 1st February at the Estoril Golf Club. The weather was at first cloudy but not too chilly. Later in the morning the sunshine come through as if to prove right some of the members' contention that golf should be played in late morning.

The format, Greensomes, stroke play, calls for each pair to drive off from their respective tee and one of the two drives is selected to be the ball that will remain in play. Alternate shots are then taken until that ball is in the hole. This format is a test to the pair's team spirit.

Imagine your reaction to a chunk into the bushes by your partner following your best drive of the day. Or you missing a two foot put after your partner got out of a bunker nicely. If you continue to breathe normally, you are a hero.



Dick Betts and Max's Zimmerli were the worthy winners with a stunning net score of 64 strokes, five under par. Jimmy Gray and Henk Vaandrager came in second with a net 67, the same net score as Chris Judd and Eva Sanches who won the third prize, but with the gross score and count back in favour of Jimmy and Henk. The Captain's prize was awarded to Hans Mühlenbeck and Peter Dekker. Nearest the Pin was won by Henk Vaandrager; Longest Drive for the ladies was won by Teresa

Mühlenbeck and by Fernando Oliveira for the men.

A very pleasant and hearty prize giving dinner was held at Gigino Gippetto Ristorante, in Birre, who looked after us so well and where Tagus members enjoyed the excellent food, wine and service. We also celebrated the birthday of a dearest Tagus member, Miquette Cook.

After remembering the Tagus long time member and dear friend Tony Potier who passed away recently, it was confirmed that the next event – The Wainwright Trophies – will be played on Friday, 29th February next.

## Lions Big Spring Sale

The Lions Clube de Loulé are holding their 'Spring Sale' at the Centro Comunitário in Almancil on Sunday March 2nd, 09.30 - 12.00. On sale at bargain prices will be nearly new clothes, linen, bric-a-brac, shoes, books. The many generous donations of good quality items we have received will make this sale well worth coming to.

The last sale on December 2nd was a great success. Raising €737.36 and thanks goes to everyone for their support. Continuing our efforts to help the local community we are arranging this year to contribute towards the alterations and improvements to the Centro Comunitário in Almancil.

Later this year the Lions Clube de Loulé will be supporting an exhibition of the paintings and poetry of Mariana de Vasconcelos, a 'Lion' for many years was sadly passed away last July. The exact date and venue is soon to be finalised but is expected to be held in Loulé for 3 weeks during November and December this year. For further information of this event please contact Bruce Allen on 282 444 874.

The Lion's are still looking for suitable premises in Loulé or Almancil for storage and hopefully to develop into a charity shop. Resources will only permit a minimal rent and new members and support are vital to make this possible and continue our work for the community.

## Charity golf lessons

Tony Bennett who is a PGA Master Professional and Director of Education for The PGAs of Europe who is well known for his support of local charities. Tony is backing the upcoming Sport Relief incentives.

Sport Relief is a fund-raising event that takes place every two years and was developed by Comic Relief. It aims to harness the power and passion of sport to change lives of others and by distributing funds raised to many UK charities/foundations who operate in many of the world's poorest countries, it has a big effect on the lives of others.

In 2008 Sport Relief is asking everyone to challenge them-

selves, family, friends and colleagues to do something sport related and raise cash at the same time.

Tony Bennett has made available four hours of his time when golfers may take a lesson; on Sunday the 16th March, after the lesson they make a donation of their choice and all proceeds will go to Sport Relief. To arrange your session call Tony on (+351) 93 2524253 or email [scoringzone@gmail.com](mailto:scoringzone@gmail.com)

## BOWLS ALGARVE

### Exeter Friendly Society League

Cats claw the Wolves, Harlequins play

with the Sinners

Firstly a belated mention of the results for last week. The Cats and the Wolves clashed at Albufeira and the Cats came out on top by 63-42 and 7 points to nil. Harlequins bounced back into contention with a very good home win over the Sinners by 65-36 and seven points to nil. Over at Tavira, the Tigers went down to the consistent Greens by 35-56. The Greens pocketed

a handy 8 points. Finally the Titans beat the Gladiators in a close match by 52-37 and six points to one. The Crusaders rested, but the results went their way and they cling onto top spot with 54 points ahead of the Cats on 53, Greens on 52 and Harlequins on 48. Wolves have 45 points, Gladiators and Tigers have 38 and Titans improve to 34 points.

### Crusaders besiege the Gladiators, Tigers maul the Cats

So onto this weeks fixtures, with several teams scrapping for position. Harlequins were at home to the Greens, hoping to build on last weeks' good win, they did win the aggregate 51-42, but only scored 3 points to the Greens 4 points. The Gladiators played the in form Crusaders and the Crusaders continued their march to the title with a seven shot win by 42-49. More importantly, they took a healthy six points to two. Tavira Tigers had a good day, overwhelming the Cats by 72-42 and severely denting the

Cats title challenge, taking all seven points available. Titans played at home to the PDF Sinners and eventually won a very close match 61-58, but Sinners took 4 points to three.

The effect of this is to strengthen the Crusaders position at the top with 60 points. Greens move up to second with 56 points and Cats slip to third with 53. Harlequins have 51 points. Wolves were resting this week, so remain on 45, equal with Tigers. Gladiators are on 40, Sinners have 39 and finally, Titans have 37.

## Drytec Thursday League

Matches played 31st January

Round seven of the Thursday league was played at Vale do Lobo. Alvor had yet another good win, beating Parque da Floresta by 45-25 and by six points to nil. Tavira beat Albufeira by a very convincing 54-15 and six points to nil, whilst the host club Vale do Lobo continued their winning ways with a 46-16 victory over

Isla Canela and also taking the six points maximum. This leaves Alvor clear at the top with 37 points, four ahead of Vale do Lobo on 33. There is then a gap to Tavira on 24 points, PDF and Albufeira on 12 and Isla Canela with 8 points.

Alan Clarke  
League Director



## Let's Walk from Vale Fuzeiros

February 16th & 18th

A fascinating walk of 2 hours in this little known area where you can pass menhirs dating from 3,000BC and ancient tombs from the Visigoth era.

10.30am start meet at the cafe/restaurant Casa da Vinha in Vale Fuzeiros. From Silves take the road towards Messines and after 9km turn left to Amorosa. Drive through Amorosa on the main road and you will then see a left turn to Vale Fuzeiros. When you come into the village Casa da Vinha is at the far end on the left side.

Walk leader: Julie Statham (Tel: 965 753 033)

There is no need to book the walks, please just come along. There is a charge of €5 p.p. which includes a donation to charity.

\* Diary date - Sunday March 16th - Let's Walk with our Dogs (charity walk for the Bamboo animal sanctuary) a 10km walk near Salema, with a short 4km loop for less abled owners and pets. Walk leader: Julie Statham

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# Little changes that can make a big difference!

## Burn-offs for girls

:: Towel your hair dry instead of using a hairdryer. This provides a gentle workout for biceps and shoulder muscles, and is a great neck stretch.

:: Wear less! By doing so you'll have to create your own body heat, which is the very root of the calorific process (one calorie being the amount of heat required to raise the temperature of one gram of water by one degree Celsius).

:: When driving and the traffic lights are red, pull in your tummy muscles and clench buttocks. Hold until the lights turn green! Great for firming your bottom.

:: Assign an exercise to each room of the home, do it once or twice daily. E.g five sit-ups in the lounge, ten star jumps in the kitchen, five hops on one leg along the hall.

:: Get off the bus one stop early, and burn six calories for each minute that you walk. Standing on public transport (and trying to keep your balance) or pacing the platform when that train is late burns calories.

:: Have baby can exercise! Whether it's pushing the pram as a pulse-raiser or holding your newborn to add resistance to squats, a 'powerpramming' workout adds purpose to that daily push around the park. For ideas visit [www.powerpramming.co.uk](http://www.powerpramming.co.uk)

:: Fidget - squirming around in your seat, standing up and sitting down, and crossing or uncrossing your legs can burn up to 350 calories per day.

## Burn-offs for blokes

:: Have more sex! For a 76kg (168lb) man, 30 minutes of passion burns around 160 calories.

:: Alternate between using urinals and sit-down toilets. Sitting down and then standing up works the muscles of your thighs, bottom and lower back.

:: Shave your head - then your body will have to use calories to generate more of its own heat. Regular head shaving will also do wonders for flexibility in your arms and shoulders.

:: Use a razor rather than an electric shaver. It takes that bit longer and requires greater control from fingers. Use a manual toothbrush rather than an electric one.

:: Polish your shoes more often - it's a gentle workout for the shoulders, arms and wrists.

:: Carefully 'kick' the light switches off. Lift the knee first, then extend your bare foot so that your toes push the switch. This is beneficial for thigh and core stability muscles.



:: Help carry drinks from the bar even if it's not your round, and burn six calories per minute. Raising yourself from your seat works all the muscle groups in your legs.

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# Sleep and Circadian Rhythms

This is the sixth function and the last of what your body requires to keep you alive and well.

Do you think most of us have enough good quality sleep? If you answered yes then you're wrong. I have worked out that on average most people only get about 6 hours of good quality sleep. We all need 8 hours of quality sleep, so where have the other 2 hours gone?

Lets see what we should all be doing about our sleeping patterns. Firstly, we should all be in bed and asleep by 10.30pm because our body repairs itself between the hours of 10.30pm and 2am in the morning. After 2am

and in between 2am and 5am our bodies begin to prepare ourselves for the following day, similar to recharging a battery.

Your bedroom should be pitch black like being in a deep cave so that any light cannot disturb your sleep, even the light off your digital clock, so cover it up. But what if you need to know the time? If you are concerned about the time then you are obviously not having good quality sleep! Did you know that if all your body was covered up except for your little toe and the light hits it then your

body would begin to wake up? Which shows just how sensitive your body receptors are.

You should never watch television at least one hour before going to bed but personally I would recommend between one and a half to two hours before would be better. This is because the screen flickering affects the brain by stimulating it too much. The best things to do prior to bedtime are reading, listening to music or general conversation.

What about eating before bed? Well you should not go to bed on a full stomach but then again you should not have an empty stomach as both can disturb your sleep.

Alcohol is a definite no no before bed as it really upsets your sleeping patterns, this is because of the effects it has on your body, dehydration, night sweats etc. Yes, it does knock you out at first when your head hits the pillow but then it makes your body restless all night. Stress and caffeinated drinks also stop you having a good nights sleep.

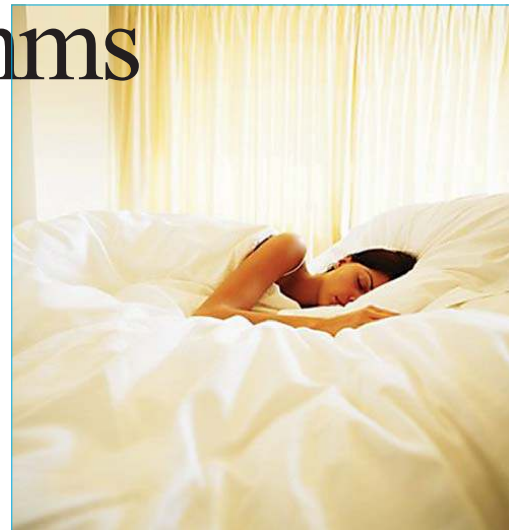
Try and work out what affects your body before you go to bed and try and relieve your stress with deep breathing or meditation. You can also write things down on paper before you go to bed to stop you thinking about them all night.

Artificial lights don't help you to sleep well, so try something softer like dimming them or even better using candles, but remember to blow them out before falling to sleep!

As long as we don't overdo it and go to bed early more times than late then our bodies can cope with that. So, with all that in mind try and have a good nights sleep!

We still have the official first function (thought) to come!

If you would like to discuss anything I have so far written telephone Stuart on 966139678 or call in at Natural Health Solutions in Messines.



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# Arabic adrenalin rush

But if horses really aren't your thing, don't panic - the city is jam-packed with adventures to suit all tastes, from shopaholics and culture vultures, to thrill-seekers or those just wanting to relax.

Just a seven-hour flight from the UK, the golden gulf state is fast-becoming a popular playground for the rich and famous, with the likes of David and Victoria Beckham and Pamela Anderson snapping up property while prices are so low. With year-round sunshine, it's also the perfect spot for a long weekend break, but try and avoid the summer months when temperatures hit the high 40s.

I stayed at the elegantly understated Park Hyatt Hotel, which demurely sits on the edge of Dubai creek, next to the yacht and golf club. With its tasteful Arabic-style decor, beautifully manicured gardens and modern rooms overlooking the marina, it was a haven away from the hustle of the city centre.

galloped after the polo ball that was bouncing towards the opposition's goal. An extra surge brought us level to the ball and I reached out with the mallet to knock it away from the racing, white-shirted players, who threatened to score again.

Just two hours before, I had never touched a polo mallet in my life, let alone played an actual chukka, but after a quick lesson from Jilly Cooper-esque instructor Steve, our motley group of beginners was careering round the sun-soaked pitch like pros. If you do just one thing in Dubai, squeeze in a polo lesson at the Dubai Polo Academy. Set in beautiful green surroundings on the edge of the desert, the acad-

Dubai offers lots of variety and is fast becoming a favourite adventure destination.

With a sharp tug on the reins, my horse veered to the right and

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Just minutes after arriving, we were treated to a massage at the hotel's luxurious Amara spa, which magically soothed away the stresses of a working week and helped me recover from the flight. Each massage begins with a calming foot soak in a tub of rosepetal-strewn water.







Pictured above: An aerial view of Dubai; top left: A polo pony at the Dubai Polo Academy, below: The Park Hyatt hotel at night, which sits on the edge of Dubai creek, next to the yacht and golf club. Opposite page - top: The fabulous Palm Jumeirah islands viewed from a helicopter; middle right: Modern architecture in Dubai; bottom right: Amara spa and pool at the Park Hyatt hotel. (All photos: Press Association)

Refreshed, I headed for dinner at the stylish French eatery *Traiteur*, one of the hotel's five award-winning restaurants, which include the exquisite Thai Kitchen, where you watch your meal being prepared at a neat island of a kitchenette. Then it was time to really kick off the holiday with cocktails at the Terrace bar on the waterfront, a perfect place to sit back and watch as the sun sets and Dubai begins to light up.

The following morning found us circling the construction site of

the incredible Burj Dubai hotel in a helicopter - which gave me a fairly good idea of what the gulf state is all about. The Burj already rivals most of the city's taller skyscrapers, but currently stands at only half of its planned 800m height. Billboards flanking the building site boast that the Burj is "the most prestigious 1km on the planet". While, just down the road, the Dubai Mall is being conjured out of the desert like an oasis for retail fanatics, with the tagline 'the earth has a new centre'.

This is a land of superlatives, where no hotel or shopping centre can be too big, or have too many fairy lights draped around its gardens. But that's not to say it's gaudy or overly ostentatious. The desert city is a wonderful mix of ancient and modern, refinement and extravagance, where all cultures come together under the sunshine of Sheikh Mohammed's dream kingdom.

Basking on the gulf coast,

Dubai bears witness to Sheikh Mo's extraordinary power and vision. When he wants to do something it happens. "Waiting has never been our choice in the past, nor is it in the present," is his motto. "We are always striving, anticipating the future and preparing for it."

This year, work starts on the £3 billion Dubailand, which will boast 45 major new attractions, including its very own rainforest. And so the Sheikh's vision of a mecca for tourists is slowly becoming a shiny new reality. After all, where else can you go tobogganing, camel riding through the desert and dine in an underwater restaurant all in the same day?

For a stunning overview of the city, don't miss a helicopter ride along the coast, over the World and the Palm Jumeirah islands, then past the seven-star Burj Al Arab hotel, with its iconic sail shape. For other spectacular views, at much less cost than the chopper trip, there's the Dubai Cable Car, which runs the length of the park overlooking the creek.

Wowed by the city's modern achievements, we headed to the spice and gold souks of old Dubai to get a taste of its heritage. Sacks upon sacks of brightly coloured spices lined shop-fronts tucked down cobbled passageways, where bartering is a must. Exploring the narrow streets around the gold souk, you'll also find beautiful pashminas, kaftans and other glittering textiles.

For the ultimate shopping experience, lose yourself in the Mall of the Emirates - the largest outside North America - with

350 shops. Dubai's many malls stay open from 10am until 10pm and sell everything from French fashion to Japanese electronics. Sales are on from June to September when Dubai throws its annual Summer Surprises, or you can wait for the Shopping Festival in winter.

Adrenaline-junkies enjoy dune bashing in a 4x4 through the desert before cooling off with a ski session at Ski Dubai. Built like a real resort complete with chalets, the world's first indoor black run and fresh snow made each day, the complex at the Mall of the Emirates is an impressive one - but it's easy to forget where you are.

After an exhausting day of fun, we retired to the Khaymat Al Bahar restaurant at the Madinat Jumeirah for a taste of real Arabic cuisine and culture. Here you can sample delights from kibbeh (minced lamb) to baklava (nut pastries) while being entertained by a belly dancer. Or, for a slightly more romantic dinner, hire your own private yacht and sail down the creek at sunset.

Friday brunch is something of a tradition among the ex-pat community, which makes up around 80% of the population. Tag along and get some great views of the city from the revolving restaurant Al Dawaar at the Hyatt Regency.

The only downside of the surge in development in Dubai is some ugly building sites and an overloaded road system, so be sure to plan your activities carefully. But with new roads being built and a metro network due to open in 2009, traffic congestion should become a thing of the past. With so much variety, it's easy to see why Dubai is fast becoming one of our favourite adventure destinations.

#### TRAVEL FACTS

:: Kate Whiting flew with Virgin Atlantic, which flies Heathrow-Dubai from £278/£374 return (economy). Upper Class from £1,736/£2,329 return includes limousine transfers in UK, entry to Virgin Atlantic Clubhouse with use of spa, hairdresser and bistro. Reservations: [www.virginatlantic.com](http://www.virginatlantic.com)

Virgin Holidays currently offers three nights' B&B at Dubai Park Hyatt Hotel, plus economy flights and transfers, from £810/£1,087. Visit their website at: [www.virginholidays.co.uk](http://www.virginholidays.co.uk)

:: Further information about Dubai available from Dubai Tourism and Commerce Marketing on 00 44 (0)20 7839 0580 or go online to: [www.dubaitourism.ae](http://www.dubaitourism.ae)

:: More information on Dubai Polo Academy is available from [www.dubai poloacademy.com](http://www.dubai poloacademy.com)

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# Changing faces

Newly blonde Amy Winehouse has kept the photographers happy with a drastic hair cut, but was her radical image change a cry for help? The experts reveal how to change your looks the right way.

Amy Winehouse is never far from the front pages, but recently it was her hair-do that hit the headlines. The singer swapped her trademark beehive and long dark locks in favour of a new peroxide-blonde bob.

With the paparazzi favourite seemingly experiencing meltdown with alleged drug and alcohol addictions, and her husband behind bars, is her radical image change signifying a cry for

help?

"Amy Winehouse is obviously going through a tough time and a drastic new look can often be a call for help or can increase confidence to deal with a crisis," says Liz Scott, image consultant.

"Looking good and feeling good go hand in hand so the first thing women think about when life is a challenge is how they feel about themselves. This is intrinsically tied up with how they look - or how they feel they look."

Considering an image change? Whether you're just about to start a new job or you're experiencing the end of a relationship, giving your mirror image a shake-

up can give you a much-needed lift.

"Making the most of our image and the way we look has a great psychological effect on our confidence," Liz says.

"When we don't make an effort with the way we look we may experience feelings of low self worth and negativity. Having a radical image change can be a good idea. To achieve the best results you need to work within the parameters of own personal colouring, body shape, personality and lifestyle."

But sometimes, giving your hair the chop or getting a whole new wardrobe may not always have the desired affect, according to Natalia Colman, style consultant.

"It might make you feel better for a little while, even empowered," she explains, "but your new look might not be 'you'. A radical transformation could be too much too soon, so it's best to go on a journey towards transformation. Evolution rather than revolution."

"Most of my female clients tell me that a new set of clothes, hairstyle and makeup gives them a

greater sense of well-being and self-esteem," she continues.

"Nancy Del Olío is a perfect example of this. She's clung to her long hair extensions for years and now that she's finally free of Sven, her radical change of hairstyle is symbolic of her newfound freedom and she wants to be perceived differently and draw attention to the real Nancy."

But if you are thinking of doing an Amy and heading straight for the hair dye to make an impact, stop! Changing your hair three shades lighter or darker than your natural colour can clash with your colouring. And if you don't have a personal hairdresser on speed dial like the celebrities, you could be in and out of the salon as frequently as Britney's rehab stints.

"In moments of crisis where you feel the need to transform yourself, changing your hair gives an instant result, which is why women often do this," explains Lisa Shepherd, hair colour expert on Channel 4's Ten Years Younger. "It can be liberating, or it can be a huge mistake!"

Before you hit the dye bottle or instruct your hairdresser to make radical changes, consider how long it will take to reverse the process if you hate the results.

"Dramatic change can be good, but you really do need to think it through and not do a spur of the moment thing," Lisa advises. "Ask professionals' advice about what you are thinking and get their honest feedback as to how it will suit you before you take the plunge."

"If you do make a horrid mistake, though, hair colour can nearly always be rectified. Updating yourself can be perfect for building up low self esteem or getting over relationship break-ups, and if done carefully can be life changing."

Giving your make-up an extreme overhaul can be a non-permanent way and more subtle way to transform your mirror image.

"Doing something radical in a time of crisis

often isn't the best idea," warns bespoke hairdresser and make-up artist, Mathew Alexander.

"Impulsive changes are often made for the wrong reasons, so if you're considering making big changes spend some time working up to the event. Women who want to change their image with make-up often make the mistake of choosing colours that are unsuitable for them."

"Don't be dictated to by passing trends," Mathew advises. "Stay within your boundaries

and work with colours that really make you look great and not like you're just wearing way too much make-up."

"Changing your image should be a positive experience," he says. "Be prepared to work on hair, make-up and clothing for maximum impact and feelgood factor. Get some professional advice that you can ponder over, and choose whatever is relevant to you before you ring the changes."

Lisa Haynes

## Celebrity transformations

Amy Winehouse isn't the first star to use her appearance to make a statement without saying a word. These celebs have all made recent radical image transformations.

• **Britney Spears**  
Last year, the troubled princess of pop displayed her angst to the world by defiantly shaving her head and getting new tattoos. She later checked into rehab.

• **Kate Moss**  
The supermodel spruced up her wardrobe and flaunted a new trend-setting fringe (and boyfriend) after her public split from Pete Doherty.

• **Victoria Beckham**

With a move to America in sight, Victoria Beckham gave her mass of dark hair extensions the chop in favour of a radical new blonde bob, dubbed 'the Pob'.

• **Chantelle Houghton**  
Following her split from hubby Preston, Chantelle has gone from girl next door to orange Barbie lookalike complete with new 32DD boob job.

• **Katie Price**  
The famous glamour model reduced her best assets, changed her hair - and reportedly her face - in America following a stressful 2007.



Victoria Beckham



Amy Winehouse, leaving Snaresbrook Crown Court in London after the hearing of her husband Blake Fielder-Civil who is in court charged with grievous bodily harm and preventing the course of justice. (Photo: Press Association/Sang Tan)

"Doing something radical in a time of crisis

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# Confusion over childhood allergies

A new study shows more than half of new parents cut foods from their child's diet in the often mistaken belief that they're allergic to them. We ask the experts how to spot food allergies and whether some symptoms are more likely to be caused by something completely different, like a childhood virus.

Food allergy in children is on the rise - but perhaps not by as much as it's perceived to be.

Last year a House of Lords report said the number of people with allergies has trebled in the past 20 years, with up to 7% of infants now suffering from a food allergy.

However, a new study from Portsmouth University suggests there is no evidence of a rise at all, concluding that many parents' perception about food allergy is out of all proportion to reality.

The research found that more than a third of the mothers of 807 babies studied said their child was allergic to at least one food.

However, the actual number who proved to be allergic to any food by the age of three was fewer than 60.

Professor Tara Dean, who led the study, says: "A lot of parents

are worried their child may have a food allergy, but our findings suggest that it's not as common as they think."

She adds: "It's quite difficult for parents to differentiate between a common ailment and food hypersensitivity. One of the first things parents think of when their child is unwell is that it might be caused by food, but that's not necessarily the case."

Of those in the study who were allergic to a food at the age of three, the most common culprits were peanuts, eggs and milk.

Rashes, itching or eczema were the main reasons parents gave for thinking their child had a food allergy, followed by tummy ache, vomiting, diarrhoea or constipation. Respiratory problems including shortness of breath, asthma, wheezing, a runny or itchy nose and coughing were also cited.

Certainly such symptoms may be the result of an allergy, which can also make the lips and soft tissues swell, and cause shock.

Child allergy expert John Warner, professor of Paediatrics at St Mary's Hospital in London, points out that if such reactions occur rapidly after eating, allergy is likely to be the cause.

But there can sometimes be a delay in the onset of symptoms - a food allergy might make eczema worse over a few days, for example.

Warner insists that the Portsmouth researchers' conclusion that allergies aren't rising is not necessarily correct, as several other studies show continuing increases in food allergy and related problems. Furthermore, there has been an increase in complaints about allergy to doctors, and more hospital admissions because of allergy.

But he agrees that people believe the problem is worse than it actually is, pointing out that up to 20% of people think they're allergic, while only about 5% really are.

He adds: "It can be very difficult for parents to tell whether a child has a food allergy - but the message is, people's perceptions about it are in excess of the reality."

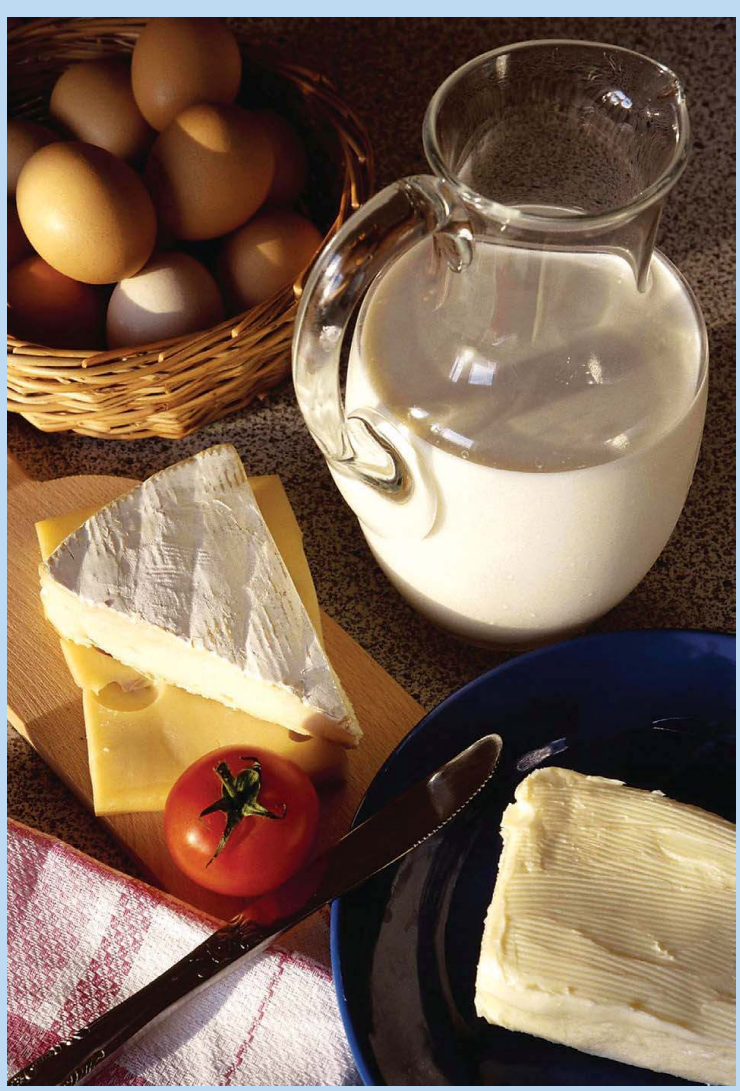
Many parents diagnose their child's food allergy themselves, and subsequently cut the offending foods from the child's diet. But that's not wise, says Dr George Du Toit, a paediatric allergy consultant at St Thomas' Hospital, London.

"If a parent suspects a child has a food allergy, they should seek medical help, rather than cutting a particular food out of the diet," he says.

"This may lead to nutritional compromise, particularly in younger children, and even more so for children with multiple food allergies."

He says a correct diagnosis can be made through taking the child's clinical history, examination and Skin Prick Testing and/or blood tests, and stresses: "It's important to be sure what's really responsible for a child's symptoms."

Lisa Salmon



(Photos: Press Association)

## Ask the expert

Q: "My eight-year-old son takes a healthy packed lunch to school, including fruit every day. Surely that can only aid his attentiveness in class?"

A: Dr Michael Nelson, director of Research & Nutrition at the School Food Trust, says: "The School Food Trust

carried out a study in primary schools to see if pupils in schools that changed their menus and served healthier



lunches and made the dining room a nicer place (the 'intervention' schools) were more likely to be attentive in the classroom after lunch than pupils in schools that had made no changes to food or the dining room (the 'control' schools).

"The findings showed that when pupils were involved directly with the teacher (about 80% of the time), they were much more likely to pay attention and be focused on what they were doing in the intervention schools than in the control schools.

"When the pupils were working in groups on their own, however, they seemed less likely to be focused in the intervention schools.

"One explanation is that after a healthy lunch in a nice environment, pupils have an increased state of mental arousal. This could explain why they might have increased levels of 'off-task' behaviour when they were being asked to work together without direct teacher supervision."

## THREE WAYS TO...



### deal with a child who lies

1. Don't talk about the lie, but talk about a solution to the behaviour he's lying about.
2. Don't force him to be honest, but make it easy for him to own up by smiling and being gentle as you ask if he's telling the truth.
3. Remind your child what happens if he lies - someone else gets the blame, and he won't be trusted in future.

## keep kids safe on the computer

1. Consider using internet filtering software and child-friendly search engines, and check what child protection

- services your Internet Service Provider (ISP) offers.
2. Keep the computer in a communal area of the house, where it's easier to monitor what your children view, and go online with them when you can.
  3. Stress that it's not safe to give out their personal details online, and make sure they only use moderated chat rooms.

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.



## ExChange, financial consultants



The Credit Supermarket – all options at your disposal combined with excellent personalised service, is how the people at ExChange would like to introduce themselves, but what is that they really do?

ExChange financial consultants opened a new branch in Lagoa on January 8<sup>th</sup> with a team of two specialist financial consultants, Mr. Fernando Vieira and Mr. Paulo Henriques.

Financial consultation is relatively new in Portugal and ExChange has been around since the beginning. All consultants working for the 122 branches in Portugal have degrees in Economics, so a very professional service is given.

As it is a franchise each branch works independently so they do their best to give customers a personalised service, considering each customer as an individual.

ExChange has protocols with most banks operating in Portugal and they seek the best solution possible for each customer.

Whether it is a mortgage, credit repayments, bank loans, personal loans or vehicle financing, ExChange speak to each bank independently and inform their customer which bank and plan has the best option available for them.

Instead of having to deal directly with a bank, which will only give the best deals within the same bank, ExChange works for the customer and the customer only. They will give all the options from almost all the banks to better suit each situation.

They will assist private customers or companies.

Mortgages are their most sought after solutions, their forte being house purchases, but also giving consultancy in construction and industrial planning.

If you are purchasing a holiday home in Portugal and if for some reason the paperwork is delayed and you are no longer in the country, ExChange will travel back to your home abroad just to get the paperwork sorted out. The company also thrives on making the customer happy, trying to give solutions with the least hassle possible.

Speak to Fernando or Paulo seven days a week to arrange a meeting or call by their office on weekdays from 9.30 to 18.30. They have no problems with meeting at weekends.



In March there will be a campaign for **The Portugal News** readers. If you mention you read this article in the paper, you will not be charged for your financial dossier which usually costs over €300+IVA.

According to the complexity of each dossier the percentage varies so prices can be pretty steep. Take advantage of this campaign, they realise how important foreigners are in this part of Portugal and are willing to give a helping hand in finding the best solution for you. The offices are located right next to the Blue Elephant car wash and the fire station in Lagoa. Tel.: (+351) 282 343 150 Fax: 282 343 168

For more information visit their website [www.lagoa.exchange.pt](http://www.lagoa.exchange.pt), call the Lagoa office on mobile: (+351) 967 852 401 or email [lagoa@exchange.pt](mailto:lagoa@exchange.pt).

## Fabulous French furniture



Open since December 10<sup>th</sup> last year, Maison D'un Rêve is a unique furniture shop located on the EN125, between Almancil and Faro, where all items are 'Chateaux Versailles' inspired, based on classic elegance and stunning beauty.

A variety of large chandeliers hang from the ceiling, the fabulous furniture looking quite in place on the polished parquet flooring. The shop has a theatrical atmosphere, with its bold Bordeaux exterior, landscaped entrance and museum-esque interior.

Walking into Maison D'un Rêve (suitably named and translated as 'Dream Home') is like going back in time to the era of grand palace balls, masquerades and *Mademoiselles*.

Large and small items can be found, from decorative ornaments and candelabras through to complete dining sets, chaise longues and partition screens. All the furniture is imported from France.

Stylish solutions for illumination and decoration complement each other under one, chandelier-



embellished roof, owned and run by childhood friends Célia Etchepare and Elisabete Carrola.

Celia and Elisabete are both

half Portuguese, half French, and spent most of their lives in the French-part of the Basque country. After completing their studies they embarked on a 10-year career in interior design before deciding to move back to Portugal with their respective husbands, to set up their own business.

As well as the unique pieces that fill up the little shop, a range of outdoor furniture can also be seen, along with a selection of items made from wrought iron.

Maison D'un Rêve is open Monday – Friday, from 09h30 – 19h00, and Saturday from 09h30 – 13h00.

For more information, call (+351) 961 724 148, 961 724 149, 289 394 220, or e-mail: [maison-dun-reve@sapo.pt](mailto:maison-dun-reve@sapo.pt).



## The English Butcher, excellence through succulence



Few butchers can boast to be 'Masters of Meat' to the extent that 'The English Butcher' of Almancil can. Located directly opposite the post office, only the best, most succulent and freshest meats are sold, including a vast selection of international favourites.

These include New Zealand lamb, English sausages, Dutch bacon, Brazilian beef fillets, and South African delicacies like Biltong and Boerewors.

Complementing the South African meats is a wide range of food goods, including Appetizer and Peartizer drinks, biscuits, teas, coffee, spices and chutneys.

Supplying the Algarve with outstanding meats for nearly

two decades, 'The English Butcher' (aka José Santos and his wife Rita) has also travelled widely. The couple previously lived for 26 years in South Africa, gaining a firsthand insight as to what makes South African meats so tasty.

Fresh hamburgers, meatballs, and kebabs can all be made at the customer's request, ideal for barbecues.

On a more national note, re-

gional meats and local farm produce is available, including smoked hams, meats for typical Portuguese dishes, and even a selection of cheeses.

A vast range of UK tinned foods, like baked beans, mushy peas, corned beef and even Campbell's tinned meatballs, also fill up shelves, meaning you need go nowhere else to purchase ingredients for a full, filling, flavoursome meal.

So whatever you may be fancying for tea tonight, 'The English Butcher' will have the freshest and the tastiest meat, and the ideal sauce to go with it too!

'The English Butcher' will also cater for large orders, and commercial establishments such as restaurants and hotels, offering a convenient drop-off service if required.

Visit the English Butcher, open Monday to Friday, 08h00-13h00 and 15h00 – 19h30, and Saturdays 08h00 – 18h30.

Alternatively, place your orders by calling (+351) 289 395 859, or 965 864 682.



## Zonda changes



Zonda, The Complete Outdoor Living Specialists used to be called the BBQ Shop, but over the last five years Judith and Roger have expanded the business so successfully that BBQs now play a supporting role to their extensive stock of patio furniture.

Believing that residents of the Algarve have better things to do than worry about treating, maintaining and renovating their outdoor furniture Zonda only stock 'no maintenance' products made from poly-rattan, cast aluminium and now Woven Fibreglass!

Woven Fibreglass, sometimes known as Fibre Weave is extremely unusual as it is a local product made in a tiny village in the Alentejo. Started 20 years ago by Patricia Crisp it now employs a team of young Portuguese men and women who weave strings of fibreglass to make attractive and almost indestructible furniture! Impervious to both the sun's UV rays and also to rain, it will last for many years without deteriorating. The luxurious and thick cushions are made in the same village by ladies of more advanced years who are skilled seamstresses. Dining tables and chairs, sofas, coffee tables and sun loungers are all available in a selection of attractive colours and the prices are equally attractive.

Whatever your outdoor living needs, Zonda have a solution to

suit you. Their products span a wide price range, and they still stock the largest range of gas and charcoal BBQs in the Algarve. Moreover they are now the authorized Weber agent for the Algarve. So, whether you opt for a top-of-the-range Weber solution or a more reasonably priced offering, you can be sure that the product and the accompanying service are second to none.

Zonda's advertising now promotes the slogan 'Quality Without Compromise'. This epitomizes Roger and Judith's

approach to business. Whatever it is they stock and sell, it is the best they can find.

You can view their large range of BBQs, Patio Heaters, Awnings, Patio Furniture, Unbreakable Tableware, their new range of New Zealand Hot Tubs and many other products at their showroom on the EN 125 just west of Quatro Estradas near Almancil. Their website is also worth a visit [www.zonda-thebbqshop.com](http://www.zonda-thebbqshop.com). Or telephone: (+351) 289 356 233 to speak with Lee Turner.





# PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 16 Feb 2008

## PROPERTY OF THE WEEK

### A man's home is his castle

It is not everyday that a chance to own a chapter of Portuguese history comes along, but with this week's property, that is exactly what is on offer. Quinta da Fonte, situated in the stunning countryside between Silves and Messines, is drenched in history and local legend and also offers the space and versatility, making it an all-round excellent investment.

Comprising two individual structures, one the main building, the other a two-apartment guest house, Quinta da Fonte is spread over 5 hectares of land on which one will also find two fresh water springs – one in the form of a cavern, the other an underground water mine.

It has been documented that the main building was originally built in 1963, but folklore regarding the area goes back over centuries. Legend has it that local militant 'Remexido' once used the grounds as a hiding place during the 'Miguelito' civil war. He was eventually captured on an open plane near Messines, and subsequently executed in Faro. At one time, locals also used Quinta da Fonte's freshwater springs to quench their thirst on a hot day after strolling through the countryside. However, now the land is private, unexpected visitors will not be a problem!

A winding country track from the main Silves-Messines road leads through the open terrain.

Parking is sufficient for any number of vehicles, though the main house has a garage large enough for four.

Both buildings have been completely re-rendered and reconstructed to the latest standards, incorporating traditional Portuguese building methods with quality, top-of-the-range finishes, including sanitary-ware, kitchenware, and tiling.

The two apartments (one up, one down), both of the same size, comprise spacious, open-plan living/dining/sleeping and kitchen areas, and have generously-sized separate bathrooms. However, given the room and flexibility the structure offers, this could easily become a two or three-bedroom house, or a three-apartment building.

The upstairs apartment could become completely self-contained as access is given via an exterior staircase, and has ample terraces to both the front and the back of the apartment, boasting stunning views over almost the entire Algarve coastline: a truly breathtaking view which nowadays has become a rarity.

To the rear of this building sits the ruins of another, smaller traditional house, presently used as a storage area, but presenting potential to be converted into an additional apartment, or to extend

the existing building.

The main house comprises a very large, open, country-style kitchen and dining area, divided by an American-style breakfast bar, through to the left of which is a lengthy living area, fronted by a series of windows and patio doors. The kitchen is further enhanced by a backdoor that opens onto a private rear patio, complete with built-in barbecue

To the right of the kitchen runs a corridor that gives passage to a bathroom, a double bedroom, and, at the end of the corridor, the main house's master bedroom.

As the main house gradually rises, the master bedroom becomes the first floor of the property, offering fantastic views over the countryside and out to the coast-



line, as well as boasting the most sumptuously romantic en-suite bathroom, achieved by a double-size shower cubicle and a deep Jacuzzi bathtub.

From the dining area a flight of stairs lead down to the ground floor directly into a bright and sunny office/study space, which in turn leads left into a large, open basement area that would transform perfectly into a games room, a home-entertainment area, or a gym.

To the rear of the office space is an inconspicuous, lockable wine cellar, and to the right, the property's third bedroom.

All of the bedrooms have fitted wardrobes, and extra spaces for

seating or dressing areas.

A paved terrace runs along the front of the main house, offering not only a sunny, picturesque seating area for al-fresco dining, but provides yet another scenic point for more of those spectacular views.

Throughout both buildings many original, typical Portuguese features have been retained, reflected in the original brick and stonework on the floor and walls, as well as the style of the architecture and the traditional antique furniture used to dress the properties. Quinta da Fonte do Penedo is just waiting to be given its true lease of life, and would be idyllic as a quaint country bed and breakfast, a rural retreat, and is perfect for those with extended

families due to the space and sleeping arrangements. As the property has only recently been completed and is ready to move into, it represents a great investment all-round. The price is €1,450,000.00.

For more information, contact Quinta da Palmeira – Soc. Mediação Imobiliária Lda., Monte Carvoeiro – Lojanº 2, 8400 – Praia do Carvoeiro – Lagoa. Telephone: (+351) 282 350 80, telemóvel: 917 498 714 / 917 963 401, e-mail: qdp@cclub.pt, or see website: www.quintadapalmeira.net



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basement with garage, plot  
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2005.  
Ref: LHV-901 Price: € 895.000



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rooms, top of the range kitchen  
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& sea views. Swimming pool. Garden  
with auto irrigation system. Central  
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equipped kitchen. High quality  
finishing materials.  
Ref: 177FAR-M Price: €1,675,000



**Goldra**  
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bedrooms, 3 bathrooms, all en suite  
on main villa, plus 2 independent  
apartments (all fully equipped) in the  
basement. South-facing.  
Ref: 161FAR-M Price: €1,050,000



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**Olhão**  
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**Vila Sol**  
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surrounded by landscaped  
gardens.  
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**Almancil / Quinta das Salinas**  
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nished" detached villa at Quinta  
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**Vilamoura**  
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**Vilamoura**  
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nished & equipped. Recently refurbished.  
South facing. Excellent letting potential.  
Price: € 245,000



**MONTE SECO  
T82040**  
Lovely plot located in a rural region  
of central Algarve, very peaceful and  
residential area, approx. 12 Km from  
Vilamoura. 800 sq.m. plot with  
approved project for a three bedroom  
villa with a 8x4 swimming pool. Great  
panoramic country views. Good  
access. Great opportunity!!  
Price: € 155,000



**BOLIQUEIME  
V72034**  
Lovely 3 bedroom detached villa under  
construction very quiet & peaceful area,  
approx. 10 min drive to Vilamoura. 706  
sq.m. plot w/ 250 sq.m. constr. area. 2 en  
suite bedrooms. Fully fitted kitchen. Liv-  
ing room w/ fireplace. Air conditioning.  
Private landscaped garden w/ sw. pool &  
BBQ area. Large basement area w/ 4-car  
garage. Completion around April 2008.  
Price: € 500,000



**LAGOA  
V72002**  
3 bedroom detached villa w/ 400,  
sq.m. constr. area, 500 mts to famous  
natural fountains of Estombar & 5 mins  
drive to Portimão, Lagoa & Carvoeiro.  
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pool. Large basement, ideal to con-  
vert into self contained apartment.  
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**Vilamoura**

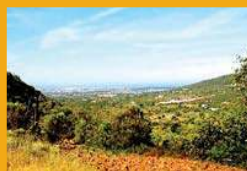
- New luxury villa
- Finished to high standard
- 4 bedrooms, 4 bathrooms
- Private swimming pool
- Close to beach & marina
- Villa 300m<sup>2</sup> plot 750m<sup>2</sup>

Ref. V1051  
Price: € 999.000


**Moncarapacho**

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
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Ref. V1049  
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- Lovely country views
- 3 bedrooms, all en suite
- Gallery & mezzanine area
- Pool & barbecue terrace
- Villa 150m<sup>2</sup> plot 700m<sup>2</sup>

Ref. V1057  
Price: € 399.000


**São Brás de Alportel**

- Lovely traditional cottage
- Restored to high standard
- 3 bedrooms, 2 bathrooms
- Pool 10 x 5, lovely views
- Space for tennis court
- Villa 150m<sup>2</sup> plot 3.500m<sup>2</sup>

Ref. C1059  
Price: € 695.000



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**Portimão**

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Ref: 0240 Price: € 125.000


**Portimão**

New villa composed of three bedrooms, one en suite with hydromassage. Living room with fireplace on the ground floor. Air conditioning and central vacuum cleaner. Spacious garage.

Ref: 0166 Price: € 370.000


**Portimão**

Two T2 (2 bedroom) apartments, both with 2 bedrooms, a bathroom, living room and an and all equipped kitchen with salamandra heating. Good reference to the décor designer of these apartments. Swimming pool and BBQ area.

Ref: 0252 Price: € 370.000


**Portimão**

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Ref: 0091 Price: € 505.000

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**Vilamoura**

Two bedroom apartment composed of 2 bathrooms, lounge with dining area, equipped kitchen and terrace. Furnished. Communal swimming pool and garden area. Parking space in the basement. Construction area - approximately 100 sq.mts.

Ref: A1229 Price: € 265,000


**Albufeira**

Old cottage set on 2 floors, project approved to be transformed into a restaurant / snack bar. Excellently situated in the centre of Albufeira, next to all amenities.

Ref: B55378 Price: € 475,000


**Vale Covo**

Country villa with sea view composed of 3 bedrooms, 3 bathrooms, lounge, kitchen and lounge joined (open space), storage and terraces. Carport, swimming pool and garden. Plot area - 900 sq.m. Construction area - 220 sq.m.

Ref: V12521 Price: € 550,000


**Ferrarias**

Beautiful grouped villa composed of 3 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage and terraces. Swimming pool & garden. Situated near Vale do Lobo & Q1º do Lago. Plot area - 255 sq.m. Constr. area - 150 sq.m.

Ref: V12543 Price: € 600,000


**Vilamoura**

Beautiful villa situated in front of the golf, composed of 4 bedrooms, 3 bathrooms, lounge with fireplace, dining room, kitchen, storage, laundry room and terraces. Garage, swimming pool & garden. Plot area - 614sqm. Construction area - 151 sqm.

Ref: V12480 Price: € 650,000

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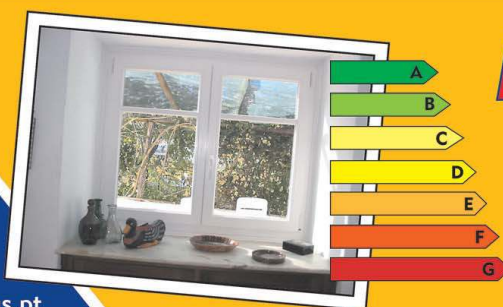


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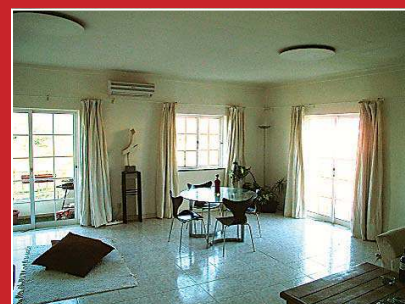
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Banish winter blues by treating your home to some cheering touches that won't break the bank, by picking up bargains from the supermarkets and high street stores. We find a trolley-full of bargains.

Are you struggling to get through the dull days of February, still feeling broke after the extravagance of Christmas, but craving some treats to cheer you up?

Psychologists recognise that this is the riskiest time of year for low mood and depression, and just to make it even harder we all commit ourselves to self-denying resolutions and try to cut down on the 'pleasures' of life.

Coming home to bright rooms with a few new touches or goodies can help lift your spirits, and there's no need to break the bank to get them.

We've found some great bargains, so you can choose whether to spend or splurge. Start ban-

ishing those winter blues and get your home ready for spring...

*Gabrielle Fagan*



Above left: ASDA's Applique pink bed linen range & cushions.

To the right: Aisha bedding range from Christy (Photos: Press Association)



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**Lagoa | €183,500**

Fantastic one bedroom apartment, in the Tourist Urbanization "Boca do Rio Resort". The nearby "Clube Náutico do Arade" was created for maximum advantage of the Rio Arade nautical activities.



**Silves | €380,000**

Magnificent four bedrooms villa, in Cerro de S. Miguel with spectacular view over Silves and the mountain range. The fireplace gives also heat to the bedrooms. Equipped with central vacuum, it has also pre-installation for air conditioning. Sw. pool & garage.



**Seixosas | €430,000**

Excellent plot with 16.390 m<sup>2</sup>, near of Praia dos Caneiros (Ferragudo). Wonderful views to Pestana Golf (Carvoeiro Golf) and to Ponta da Piedade of Lagos. Composed of two buildings: mixed building and rustic building. Sell joint of the buildings.

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- Very quiet location
- 2 years old
- Furnished to a high standard.

**Porto do Mos**



€695,000

- Charming family 4 bedroom villa
- Located close to Porto de Mos beach
- Built to a good standard
- Spacious garden and saltwater pool.

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## SOFA WARS

Britons spend 69 days a year on the sofa, according to research by Harveys Furniture Store, but 61% of couples admit they regularly argue over who has the biggest share of the couch. (A whopping 76% of the nation eats on their sofas at least three times a week.)

Karen Broderick, Marketing Communications Manager at Harveys, says: "It seems our sofas are more than just a place to sit. We do more on our sofas than ever before, eating, sleeping, reading and generally relaxing. The sofa has become the heart of our home."

**SPEND:** Ikea's Klippan sofa, in a vibrant red, wouldn't break the bank.

**SPLURGE:** Snap up Italian style with a Natuzzi Frank sofa, in red leather (also available in other colours and fabrics). It's roomy and luxurious enough for all sorts of activities!

## SHOWING OFF

Storing photos on a camera or laptop is fine, but why not display some of the most memorable ones. It'll give you an instant lift every time you see them.

**SPEND:** Marks & Spencer's Autograph collection is gaining a well-deserved reputation for design quality at an affordable price. Its wooden, chrome or glass block frame would enhance any photo and the quality belies the price.

**SPLURGE:** Digital photo frames are rapidly revolutionising the way we show off our pictures - frames and albums are so last century if you're a techie. An eStarling WiFi Digital Photo Frame with a seven-inch frame, can automatically link to photo sharing sites. Once you register the eStarling you get a dedicated email address so you and your friends can send pictures directly to the frame, and it also accepts memory cards. It's available from online company Firebox.

## MOOD LIFTERS

It's the silly things that can cheer you up on dull days.

**SPEND:** A friend bought me a tea towel, 'I had a really nice dream last night about Daniel Craig' which instantly brings to mind the new James Bond actor - and is infinitely more sexy than thinking about the drying-up. It's from Emma Bridgewater.

**SPLURGE:** Splash out on a couple of top tea towels. An uplifting Government World War II message 'Keep Calm and Carry On' on a red and white tea towel, which also has an Eye Chart tea towel, (If you can read it there's no excuse for saying you didn't notice there was any drying up to do!). Both from Pedlar's.

Even if the holidays seem a long way off you could plan trips or recall past holidays with Pedlar's World dinner maps - a book of paper placemats featuring maps of London, New York, Paris and Tokyo. A book of 50 maps.

Fresh flowers give a lift to a room and your heart, so show them off in the best vase you can afford.

**SPEND:** Sainsbury's Blue reactive glaze large vase will instantly liven up a coffee table or window sill, without breaking the bank, its small version, and the glaze bowl, are even more of a steal.

**SPLURGE:** House of Fraser's smart narrow-necked vase with a bronze band, offers a touch of glamour.

## MUG UP ON STYLE

Gorgeous mugs are irresistible, and mugaholics won't be able to resist the Big Tomato range. They're decorated with slick images in gold and mocha - such as a shoe, a lamp and an iconic Dalek. They're from John Lewis and I guarantee that soon all the best-dressed mug trees will be displaying them.

Alternatively, culture buffs and bookworms will love mugs featuring famous Penguin book covers from its classic literature range. Heals' mug selection includes The Pursuit of Love by Nancy Mitford.

**SPEND:** Save the pennies and go dotty for Woolworths multi-coloured Spot mug.

**SPLURGE:** See more expensive spots before your eyes if you buy a mug from Emma Bridgewater. Her pieces are regarded as collectable.

And if mugs whet your appetite, why not go the whole hog and revamp your dining experience with a set of new crockery?

**SPEND:** New crockery displayed on a dresser can't fail to cheer you up and add a homely touch, and Marks & Spencer's Tea Rose crockery set is great value. (Four dinner plates, side plates and cereal bowls).

**SPLURGE:** Host an elegant tea party with a Royal Doulton Old Country Roses set from Debenhams. Come in four place settings.

## CREATURE COMFORTS

New bedding is instantly cheering, and the Eastern look is all the rage this season. What could be easier than dressing a bed in floral prints in glowing pinks and plums that echo the blooms and designs of China.

**SPEND:** Asda's pretty Applique pink bed linen, Accessorise with cushions.

**SPLURGE:** Echo the print with Christy's Aisha bedlinen, but with a luxurious 400 thread count in cotton satin for a sumptuous feel. Add fashionable colour with stripy accessories like cushions and instantly brighten a room.

**SPEND:** Asda's Striped cushion is an instant comfort.

**SPLURGE:** Habitat's Rainbow cushion cover, could revamp your tired sofa.

## LIGHT UP

Transform a chilly room on a cold winter evening with soft, warm lighting, and the choice of table lamps has never been bigger.

**SPEND:** Matalan's glass balls lamp base, with circular black shade.

**SPLURGE:** QVC's Vidria lamp base is designer chic, with a combination of crystal cubes and balls, and circular black shade.

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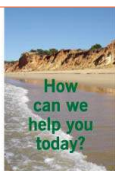
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# Gardening gifts galore



Thompson & Morgan (pictured left). Also known as the dove plant, the stems can reach 30cm (12in) tall, each one parading three or more blooms that will flourish for well over a month. Plant them immediately in humus-rich soil, in a cool house, greenhouse or in patio containers. Protect them from scorching heat.

For best results, plants need plenty of water in order to simulate Asia's monsoon season. (£9.99/£13.45 for three bulbs. Order online at [www.thompson-morgan.com](http://www.thompson-morgan.com) or phone 00 44 (0)844 573 2020.)

If your loved one loves the shapes that topiary can create, buy them a pair of topiary shears from Wilkinson Sword, in a presentation case. They will help to keep topiary and other hedge plants in shape and the non-stick stainless steel blades provide accurate cutting when creating intricate shapes. (£9.99/£13.45. For stockist information email [custserv@fiskars.co.uk](mailto:custserv@fiskars.co.uk) or

phone 00 44 (0)1656 655595.)

Whatever type of garden your partner has, a seed collection can enrich it further and there are some great combinations available, from cottage garden favourites to contemporary varieties.

Garden design guru Claire Southall has developed a range of seed collections of flower seeds for the London Seed Emporium which will work together in the garden. My personal favourite is the King Arthur collection, featuring tall delphiniums, Cornflower 'Black Ball', larkspur, nigella and nicotiana, combining to make a tall display of traditional English cottage garden flowers in blue, white and green.

Beautifully packaged in smart art nouveau-style packets and box, with growing instructions and card message. (£17.50/£23.60 + p&p, [www.londonseedemporium.co.uk](http://www.londonseedemporium.co.uk))

If you want to put the spark back into a relationship, try a Passion Pack, complete with an exotic blue passion flower ready to plant, together with a supply of fresh passion fruits and a bottle of champagne. It's packed in a Gluttonous Gardener rustic wooden crate, hand tied with large raffia bows (£62/£83 + delivery, available online from



[www.glut.co.uk](http://www.glut.co.uk), or phone 00 44 (0)20 7627 0800).

Add a little atmosphere to a romantic evening, inside or out, with a set of colour changing LED candles, real candles with

hint of vanilla fragrance. Each candle contains multi-colour changing LED unit powered by a 4.5V battery [supplied]. (£13.45/£18.15, [www.shop.com](http://www.shop.com))

Hannah Stephenson



There's no shortage of presents to suit garden enthusiasts, from beautiful bouquets to romantic plants for any occasion.

Instead of the usual dozen red roses, why not name a rose after your partner, with a Name A Rose giftbox, featuring a packet of rose seeds that they can grow into a beautiful rose bush to cherish forever? (See below)

The box includes a rose registration card, unique packet of seeds with a corresponding da-

tabase number, a booklet on how to grow and care for your rose, a rose calendar poster and a history information card. (£19.95/£26.86 + p&p, [www.gettingpersonal.co.uk](http://www.gettingpersonal.co.uk), or phone 00 44 (0)845 217 6382)

Orchid fans should look for the impressive white Egret orchid - *Habenaria radiata* from



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2. Use hessian-backed stair carpet which can be laid in lengths over a border. Don't use foam-backed, nylon carpets, which disintegrate and leave bits all over the plot.
3. Wrap patio pots with bubble wrap or move them under cover if frost is forecast to stop soil freezing and containers cracking.



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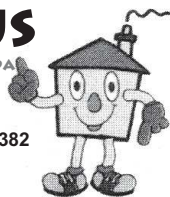
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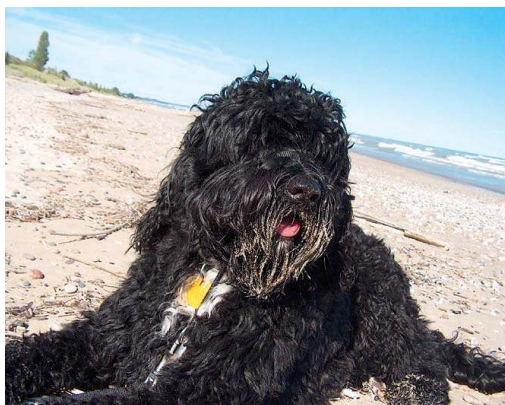
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# Some things we inherit



I always remember our first dog when we married; he was a Manchester Terrier from the PDSA. He had a background of running away—we were young and silly and obviously no one checked anything all that time ago. We were 21, with a 10 month old baby and a cat and seemed to think we could now cope with a ten month old delinquent Terrier—we were mad and totally unsuitable. But at that age you really do not think it through. Training, who had heard of it back then. All I wanted was a carbon copy of my big hairy dog left at my parents when I married—the dog I grew up with. He was never going to be that!

Over the next few months we

realised that he had been treated badly in his time, if you lifted a hand to comb his hair, or anything else he would cringe in the corner. He never changed, he never liked men and he would wander, not often amazingly, probably once a year. He lived till he was 16 years old.

Over this year with Merlin I have noticed similar behaviour, he will cringe if you lift a hand or raise a voice. If he has been in trouble he will 'slink' across the floor to me, then he seems to 'sink' as he tries to melt into the ground. I have never hit him, never raised my hand to him. I admit I have screamed at him for his barking at next door's seven barking dogs. After watching Dog Bor-

stal on TV tonight I will stop screaming.

Obviously it has made me wonder what has gone before, I am reliably informed that you will never completely override what has gone before. Remember that Cleo and Merlin are both shivering wrecks in front of anyone resembling their breeder.

I came across this useful list called 'The Perils of Punishment'. (Would that my dogs' breeder had come across it.)

- Using physical punishment is always a bad idea as it increases fear and causes a dog to be frightened of being touched or handled. In particular it can make dogs wary of being handled by the collar or groomed—interestingly both Cleo and Merlin back off when first faced with their collar.

- Shouting is also not a good idea as some dogs are sensitive and become fearful. Also from the neighbours point of view the shouting does sound a bit like a fishwife—Jim's comment to me shouting at Merlin to stop barking! He says I make more noise than Merlin.

- It is always a good thing to give the dog a chance to do something right, to praise him rather than always telling him off. If he is being naughty command him to sit, lay down or stay, to take his mind away from what he was doing. One word commands are best, not "Merlin please sit", but just SIT. Using the dogs name just confuses them as, to them, you are being friendly.

- If the dog does not do as you command use a verbal rebuke, for

instance "NO". Repeat the command again and again, till it works.

- Behaving in this way reduces frustration and confusion.

I know that Merlin has issues from his past, so has Cleo, but her's are not as great. I know it will take time to sort them and some may never be sorted. Rest assured that tomorrow morning having taken on board Dog Boral and the very long article I have just read, I will approach things a bit differently tomorrow. I have already tried the 'go down to your dog' bit to stop the paws coming up, that seemed to work so I must just remember to continue to do it. They say you can retrain them in a week. We will see what happens in the week!

I will read my book and retrain Merlin, it all sounds so easy! Will Merlin cope with the week ahead I wonder, and will he still speak to me at the end of it! Merlin is at present in his rebellious teenage years, he is trying to assert his authority and no doubt move up the 'pecking' order, which he will not, obviously.

Having said that as I write this Merlin is in fact curled up on the bed behind my chair, with his paws on my chair—he is always with me, close by. I am being recommended to separate Cleo and Merlin. More because Merlin gets all his courage from his sister, so another challenge for next week!

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## LOST – PERDIDA

Our little dog **TITCH** disappeared from home in Urzais, Lagoa on Friday 25th January. She is white with black spots and has a large black spot on her back. She is very timid and scared of everything and people. She also has heart problems and sometimes cannot breathe properly. If you see her, please call Isabel 96 533 9577 or 282343347 and leave a message.

A nossa cadela pequenina chamada **TITCH** desapareceu de casa nos Urzais, Lagoa na sexta-feira dia 25 de Janeiro. Ela é branca com pintinhas pretas e com uma mancha preta nas costas. Ela é muito tímida e tem medo de tudo e de pessoas. Tem também problemas cardíacos e às vezes não consegue respirar. Favor quem a ver telefonar para Isabel 96 533 9577 ou 282 343347 e deixar mensagem.



# North



## PORTO

### DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • [www.casadamusica.com](http://www.casadamusica.com)



### DAILY

**Serralves Foundation:** Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • [serralves.pt](http://serralves.pt) • [www.serralves.pt](http://www.serralves.pt)

### UNTIL 30 MARCH



**Exhibition 'Robert Rauschenberg: Em viagem 70-76'** at Museu de Serralves • 1st presentation in Portugal of the internationally acclaimed North-American artist Robert Rauschenberg • Includes 65 works using simple materials like metal, cardboard and cloth • Serralves Museum • Tel: 226156500 / 543 / 584

# Centre



## BATALHA

### 22 FEBRUARY



**Teresa Salgueiro** in concert presents her new album 'La Serena' accompanied by Lusitania Ensemble • Batalha Monastery • 22h00 • 707234234 • [www.ticketline.pt](http://www.ticketline.pt)

## CASCAIS

### DAILY

**Cascais Cultural Centre** • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

### DAILY



**Sea Museum** - Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

## ESTORIL

### DAILY

**Casino Estoril** • Praça José Teodoro dos Santos • 214 667700 • [info.cestoril@estoril-sol.com](mailto:info.cestoril@estoril-sol.com) • [www.casino-estoril.pt](http://www.casino-estoril.pt)

## GUIMARÃES

### 22 FEBRUARY



**Dance Show 'Scope'** by Rui Horta Company • Grand Auditorium of Centro Cultural Vila Flor • 19h & 22h • €7.5 & €10 • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • [www.aoficina.pt](http://www.aoficina.pt)

### 20-23 FEBRUARY



**'Encontros AICultur Guimarães 2008' (Cultural Meeting)** • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • [www.aoficina.pt](http://www.aoficina.pt)

### UNTIL 16 MAR



**Exhibition '1807: O Embarque da Família Real para o Brasil'** in commemoration of the 200 years anniversary of the boarding of the Portuguese Court to Bahia, Brazil • Museu da Marinha (Navy Museum) • Contacts: Museu de Marinha, Praça do Império, 1400-206 Lisboa • Tel: 213620019 • Fax: 213631987 • [geral.museu.marinha.pt](http://geral.museu.marinha.pt)

### 28,29 MARCH



**APASSIONATA** - the leading European Equestrian Show - this year entitled 'Four Seasons' • Campo Pequeno • 21h30 (on 29th also at 15h30) • Ticket prices from €20 to €55 • Tel: 707234234 • [www.ticketline.pt](http://www.ticketline.pt)

# South



## LAGOS

### UNTIL 20 FEBRUARY

**Quiz Night** - at Jardim das Dunas • Teams of 4 • cancelled if there are less than 4 teams • €2 • 19h30 • T.Fax: 282792721 • [www.jardimdasdunas.com](http://www.jardimdasdunas.com)

## LOULÉ

### 16 FEBRUARY

**Presentation by Joaquim Veríssimo Serrão** of the 12th edition of Magazine 'Revista Al-Ulya' • Municipal Archives • 15h30 • 289400660 • [www.cm-loule.pt](http://www.cm-loule.pt)

### UNTIL 23 FEBRUARY

**Art Exhibition 'Tórrica Barranqueira'** • Santo António Convent • Daily from 9h30 • For more information: Loulé Municipal Council

## UNTIL 29TH FEBRUARY

**Painting Exhibition by Ana Martins & David Martins** at Casa da Juventude in Olhão • Mon to Fri: 10h to 20h; Sat: 10h to 13h



## ALBUFEIRA

### UNTIL 26 FEBRUARY



**Painting Exhibition 'Sensibilidades' (Sensibilities)** by Maria Afonso Maia • Pintor Samora Barros Art Gallery • Monday to Saturday from 10h30 to 16h30 (closed on Sundays and public holidays) • [www.cm-albufeira.pt](http://www.cm-albufeira.pt)

## ALMANCIL

### 16 FEBRUARY

**Piano Concert by Piers Lane** at Centro Cultural São Lourenço • (The Cultural Centre is next to São Lourenço Church) • Concerts start at 19h30 sharp • For more details about this and other concerts, please call 289395475 or visit São Lourenço's website - [www.centroculturalssao-lourenco.com](http://www.centroculturalssao-lourenco.com) - (click on Português or English and then click CONCERTS)

### DAILY

**Art Exhibition by David Haines** • New works for 2008, now showing at George Furniture • EN 125 Torre • tel 966 186 357 • [www.wdjhainesartist@ip3.com](http://www.wdjhainesartist@ip3.com)

## ARMAÇÃO DE PERA

### FEBRUARY

**Entertainment at Hotel Garbe:** 16th February, 2008 - Valentine's Day Dinner • Winter Workshops: 18th, 19th, 20th and 21st February - Plants and Flowers of Southern Europe • 18th, 19th, 21st and 22nd February - Leisure Painting • T. 282320260 • Fax: 282315087 • [www.hotelgarbe.com](http://www.hotelgarbe.com)

## LAGOA

### 23 FEBRUARY

**World Debut of the Musical Concert 'In Nomine Amoris' (In the Name of Love)** produced and written by the Serbian-Portuguese composer and performer Zoran Stojanovic • Municipal Auditorium • 21h30 • João Pedro Cunha (violin), Elena Tsouranova (piano), Maria João (flute 'chique classique'), London Dance Company with: Tania Matos (art director & choreographer), Afonso Dias (actor) & Birgit Wegemann (soprano) • 282380434 • [www.cm-lagoa.pt](http://www.cm-lagoa.pt)

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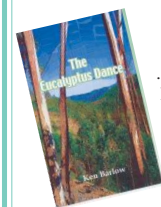
### UNTIL 23rd FEBRUARY



**Visit 'ARTElogia-Arte Ciência-Ciência da Arte' (Art & Science)** by Carole Purnelle and Nuno Maya

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The Eucalyptus Dance is available from the Griffen Bookshop in Almancil, where Ken and Sue will be signing copies of their book and offering a glass of wine and Jeropiga on Friday, 22nd February, from 11.30am to 1.00pm.

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## LIVE CONCERTS

## FEBRUARY

**Korn** - February 27th from 8pm at Pavilhão Atlântico. Tickets: €25 - €35.

## MARCH

**Bryan Adams** - February 7th in Lisbon. Further info TBA.

**Within Temptation** - March 7th at Lisbon Coliseum - CANCELLED

**The Cure** - March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

**Tokio Hotel** - March 16th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €28 - €40.

**Alicia Keys + Patrice** - March 19th at Pavilhão Atlântico from 8.30pm. Tickets: €28 - €40.

**Portishead** - March 27th at Lisbon Coliseum from 9pm. Tickets: €32 - €36.

**Pedro Abrunhosa & Bandemónio** - March 28th at Setúbal Fórum Luísa Todi. Tickets: €15 - €20.

## APRIL

**Editors** - April 2nd at Campo Pequeno in Lisbon. Tickets: €22 - €30. April 3rd at Oporto Coliseum. Tickets: €25 - €28.

**Mark Knopfler** - April 4th at Lisbon Campo Pequeno. Further info TBA.

**The Hives** - April 9th at Lisbon Coliseum from 9pm. Tickets: €25 - €28.

**James Cotton Blues Band** - April 11th at Leiria (a-D-Barbas) Alfa from 11pm. Further info TBA.

**Nightwish** - April 18th in Oporto Coliseum from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseum from 9pm. Tickets: €22.

**Ignite: Deathe Before Dishonor** - April 24th at Lisbon Tatuara. Further info TBA.

**Backstreet Boys** - April 25th at Lisbon Pavilhão Atlântico. Further info TBA.

## MAY

**Asia** - May 21st at Lisbon Coliseum. Further info TBA.

## JUNE

**Jack Johnson** - June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

## AUGUST

**Mariza** - August 29th at Loulé, Vale do Lobo.

## MUSIC FESTIVALS

## APRIL

**Festival Gouveia Art Rock** - April 5th: Ange; Aranis; Par Lindh; Behuinos a Gasóleo. April 6th: Van der Graaf Generator; Thinking Plague; Les Reines Prochaines. Festival at Gouveia Cine-Theatro. Tickets: €35 for one day, €60 for both days.

## MAY

**Rock in Rio Lisboa** - May 30th - June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; James Morrison; Ivete Sangalo; Paul Van Dyk. May 31: Bon Jovi; Carl Cox. June 5: Metallica; Machine Head. June 6: Vibe.

## JULY

**Super Bock Super Rock** - July 9th at Parque Tejo in Lisbon from 5pm. Tickets: €40. Confirmed acts: Iron Maiden; Avenged Sevenfold.

**Festival Oeiras Alive** - July 10th - 12th at Passeio Marítimo de Algés. Tickets: €45 - €80. Confirmed acts: July 10: Rage Against The Machine. July 11: Within Temptation. July 12: Ben Harper Donavon Frankenreiter.

**Paredes de Coura** - July 31st - August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. Confirmed acts: July 31: Sex Pistols. Further info TBA.

## AUGUST

**Sudoeste** - August 7th - 10th at Herdade da Casa Branca. Confirmed acts: August 8: The Dynamics. Further info and acts TBA.

**TICKETS:** Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Events on these pages are published in good faith and in accordance with information given to us.

## LIVE CONCERTS



## Zoran Stojanovic - Lagoa

Zoran Stojanovic, Serbian born, began his musical training in the town of Cuprija, in a musical establishment for young musical protégées. There he studied classical guitar with the well known performer and composer, Professor Dragoslav Nikolic, himself one of the pioneers of classical guitar in Yugoslavia. Zoran continued his studies at the National Conservatory in Belgrade where he obtained diplomas in classical guitar and theory of music.

Having finished his musical studies he began teaching classical guitar in various schools of Belgrade.

At this time he also branched out into other styles of music and became an active performer in different areas of entertainment, like radio, TV and theatre. In the early 90's, his interest was drawn towards composition and he wrote his first compositions for virtuoso guitar.

He arrived in Portugal in January 1996 to begin a new life, and began to work more earnestly on new compositions and techniques for classical guitar.

During the last three years he has dedicated himself to composing for other instruments, namely the violin, the sound of which he found so moving after knowing, collaborating with, and being inspired by the noted instrumentalist and teacher, Joao Pedro Cunha.

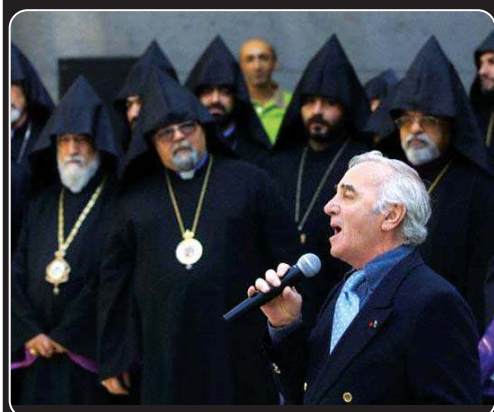
A further contribution to the broadening of his musical horizons was the happy encounter with teacher of piano and singing, Marganne Meiklem. Other artists taking part in the concert are, Elena Stouranova (piano), João Pedro Cunha (violin), Maria João Cerol (flute), with Birgit Wegemann (soprano), Afonso Dias (actor) and Chique Classique, from London, a recently formed dance co, founder and artistic director: Tania Matos.

February 23rd at Convento São José, in Lagoa from 9.30pm. Call 282 380 434.

## Charles Aznavour

Charles Aznavour is an Armenian-French singer, songwriter, actor and public activist. Besides being one of France's most popular and enduring singers, he is also one of the most well-known singers in the world. He is known for his characteristic short figure and unique tenor voice; clear and ringing

in its upper reaches, with gravely and soulful low notes. He has appeared in more than 60 movies, composed about 1,000 songs (including 150 in English, 100 in Italian, 70 in Spanish, and 50 in German), and sold well over 100 million records. Aznavour started his global farewell tour in late 2006.



February 23rd at Pavilhão Atlântico from 9.30pm. Tickets: €38 - €100.

## New Orleans Jazz Band - São Brás

Formed in 1998 by professional musicians who had come to live in the Algarve, the New Orleans Jazz Band quickly became established as the premiere New Orleans-style jazz band in the area. The quality of the New Orleans Jazz Band can be judged by the fact that Mr. Acker Bilk himself toured with the band during his first visit to Portugal!

The band itself is international, lead by Tony Scriven from England on drums and vocals. Until he moved to the Algarve, Tony played regularly throughout Europe with the Monty Sunshine Band and before that with the Ken Colyer Band and with Lonnie Donegan. The band also features fellow Brits John Ballinger on trombone/vocals and Dave Lawson on clarinet/tenor sax; Germans Werner Haag on trumpet/soprano sax and Heike Brockmann on guitar; and American Dave Gausden on bass.

The concert, which is organised by The Friends of the Museum, is on Sunday 2nd March at 8.30 pm, at the São Brás Museum.



Tickets are €14 in advance, or €15 at the door (Friends of the Museum €12). For more information, e-mail [admin@amigos-museu-sbras.org](mailto:admin@amigos-museu-sbras.org), or call 966 329 073 / lua azul 289 845 452 / museum 289 840 100. Visit [www.amigos-museu-sbras.org](http://www.amigos-museu-sbras.org).

## WRVS - Social Tea

The next WRVS Social Tea will be on Tuesday 19th February at 3pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril. We appreciate your punctuality. The speaker is yet to be announced.

Tea, sandwiches and cakes will be served. Everyone is most welcome. Entrance: €1



The Network Short Story Competition is here - it's open to anyone living in Portugal, so please take the opportunity to get the creative juices flowing and support this first time venture.

English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of book vouchers, sponsored by Network, the Magna Carta Bookshop in Alvor and the Griffin Bookshop in

Almancil. The event is also supported by The Portugal News, who will publish the winning entry. Winners will be announced on 23rd April 2008, International Book Day.

For more details and application form, please e-

mail [netpres@networkalgarve.org](mailto:netpres@networkalgarve.org), ring Janice Russell on 915584668 ask at the Griffin or Magna Carta bookshop, or download the form from [www.networkalgarve.org](http://www.networkalgarve.org).



We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing.  
Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

## EXHIBITIONS

## Art and jewellery – Lagos

A group of well known, local artists are exhibiting their latest work at the Slave Market Gallery in Lagos in March.

Gaëlle Hamp-Adams has recently returned from Africa bringing fresh ideas and images to her work. She already has a fine reputation for her paintings of landscapes, abstracts and figurative subjects for which she uses an ever changing variety of media. Gaëlle works from a studio in Lagos and has regular exhibitions in galleries here and in London.

Jill Parkinson paints bold

acrylics and delicate watercolours, local scenes and still life studies, Jill exhibits regularly here as well as in galleries in the West Country in England.

Caroline Bell paints in oil and watercolour, and is constantly inspired by the sea and the landscapes of the region.

Susan Rubira is famous in the region for her realistic and sensitive watercolour paintings of the people and sights of the region. Sue also exhibits in England and was recently invited to exhibit her portraits in the Southampton Art Gallery.

In addition Caroline will be launching her new range of original hand-crafted jewellery. Each piece is unique and blends the fluid weaving of gold and silver with richly tinted fresh water pearls and semi precious gemstones from around the world. Caroline designs earrings and pendants and will also be introducing 'The Lariat' a beautiful and unique idea in accessories.

The artists also have high quality limited edition prints, framed and unframed, and cards available.

Painting by Caroline Bell



March 2nd – 15th at Lagos Slave market, open every day from 10am until 6pm.

## Graffiti, love, and other emotions - Peniche

Turbulent love, affection, fear, resignation, exile, homelessness, universal needs, nostalgia, passions the ocean brings, and the dream of the goddess of Rio Maior – these are but some of the themes that are colorfully and artistically

dealt with by Helensa and Adrian, painter / photographers whose works will be shown in the 'Edifício Cultural' of the Peniche council, until March 2nd. Free group tour in French Spanish, Portuguese, Dutch or Czech can be arranged. Call 262 824 022 for bookings.

Open from 9am to 5pm weekdays and 3pm to 7pm on weekends.



## SPORT

## 34th cycling tour of the Algarve

One of the most important races on the national and international calendars, the Cycling Tour of the Algarve attracts thousands of spectators every year. It is an event

of rare beauty not only because of the setting but also because of the thrills and spectacle afforded by these prestigious cyclists.

The stages are:

- 1st Stage Albufeira – Faro 164,6 km
- 2nd Stage Lagoa – Lagos 189,5 km
- 3rd Stage Vila Real de St.º António – Loulé 207,7 km
- 4th Stage Timed/Individual Castro Marim – Tavira 34,0 km
- 5th Stage Vila do Bispo – Portimão 193,5 km

February 20th – 24th. Call 289 463 628.

## DANCE

## Ballet Season - Faro

February 21st – Coppélia. With original choreography by Arthur Saint-Léon, this is a comic-romantic ballet, which revolves around the story of Swanilda, the prettiest girl in the village. Swanilda is engaged to Franz, who one day becomes enchanted by a girl he sees every afternoon at the window of strange Doctor Coppélius' house. He does eve-

rything to attract her attention but she does not react because in reality she is just a doll. Swanilda finds out about Franz's passion and promises revenge.

February 22nd – Dom Quixote is a ballet based on the original work 'The ingenious gentleman Don Quixote de la Mancha' (1605) a book written by Miguel de Cervantes (1547-1616). It is the story of a poor Spanish nobleman and his loyal friend and companion Sancho Panza. The poor nobleman is a credulous and assiduous reader of romances of chivalry and he wants to imitate his heroes. With a belief in ideas of chivalry and styling himself Don Quixote de la Mancha, he decides to go out into the world to defend such notions while endeavouring to live out his own story of chivalry, choosing as his ideal lady a simple peasant woman known as Dulcinea del Toboso.

February 21st – 22nd at Fundação Pedro Ruyvo in Faro from 9.30pm. Call 289 873 115 for more information.



## BOX OFFICE

## LIVE SHOWS

## FEBRUARY

**Tap Dogs** – Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 - €35.

**High School Musical** – It burst onto the cultural landscape first as a smash hit Disney Channel Original Movie and the soundtrack climbed to the top of the Billboard charts. Now, get ready for "the start of something new!" Featuring a cast of 34 performers and a live orchestra, this production includes all of the favourite characters and songs from the movie, plus two new songs written especially for the stage. All this combines to make High School Musical a must-see for every fan of the movie and theatre-goer alike. From February 29th – March 9th at Lisbon Tivoli. Tickets: €7.50 - €25.

## MARCH

**The Aluminum Show** – A combination of movement, dance and theatrical visual affects. A show with lots of special effects and creative dancing and acrobatic movements. Lisbon Casino, Ocean Auditorium from March 18th until March 23rd. Tickets: €30 - €35.

## APRIL

**Disney on Ice 'Adventures in Disneyland'** – Disney on ice is set to return to Portugal this April, with another ice skating show including all your favourite Disney characters. The show will take place at Pavilhão Atlântico on April 2nd – 9th. Tickets: €16 - €36.

**RAW WrestleMania Revenge** – It's here! World Wrestling Entertainment® storms back to Portugal with RAW® WrestleMania® Revenge Tour at Pavilhão Atlântico in Lisbon on April 19th from 8pm. Tickets: €25 to €85.

**TICKETS:** Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola. Ticketline or at the event itself on the night.  
Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt);  
[www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

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## BOOK REVIEW

## Notes from an Exhibition by Patrick Gale

"Notes from an Exhibition" is the latest novel from the bestselling Patrick Gale. Renowned Canadian artist Rachel Kelly – now of Penzance – has buried her past and married a gen-

tle and loving Cornish man. Her life has been a sacrifice to both her extraordinary art and her debilitating manic depression. When troubled artist Rachel Kelly dies painting obsessively in her attic studio in Penzance, her saintly husband and adult children have more than the usual mess to clear up. She leaves behind an extraordinary and acclaimed body of work – but she also leaves a legacy of secrets and emotional damage it will take months to unravel. A wondrous, monstrous creature, she exerts a power that outlives her. To her children she is both curse and blessing, though they all in one way or another reap her whirlwind, inheriting her waywardness, her power of loving – and her demons. Only their father's Quaker gifts of stillness and resilience give them any

chance of withstanding her destructive influence and the suspicion that they came a poor second to the creation of her art.

The reader becomes a detective, piecing together the clues of a life – as artist, lover, mother, wife and patient – which takes them from contemporary Penzance to 1960s Toronto to St

Ives in the 1970s. What emerges is a story of enduring love, and of a family which weathers tragedy, mental illness and the intolerable strain of living with genius. Patrick Gale's latest novel shines with intelligence, humour and tenderness.

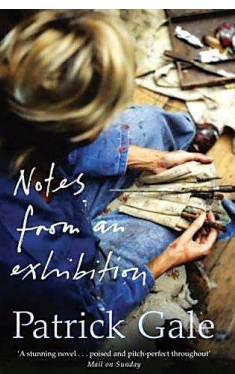
Price is €12 at Magna Carta bookshop.

## Magna Carta



Tel / Fax: 282 496 001

E-mail: [info@magnacartabookshop.com](mailto:info@magnacartabookshop.com)  
Quinta da Praia, Lote 4 - Loja 10, 8500 Alvor  
[www.magnacartabookshop.com](http://www.magnacartabookshop.com)





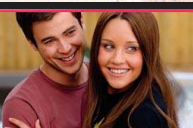
## STALLONE



RAMBO



In the Valley of Elah



Sydney White



GONE BABY GONE



Trade

SWEENEY TODD  
THE DEMON BARBER OF FLEET STREET

Lust, Caution



Astérix aux Jeux Olympiques



Into the Wild



3:10 TO YUMA



RENDITION

## ALGARVE

SBC  
FORUM ALGARVE  
TEL: 289 887 212  
14 FEB-20 FEB



- 1 **Gone Baby Gone**  
Casey Affleck, Michelle Monaghan  
13.55-16.30-19.05-21.40 (00.10 Fri & Sat)
- 2 **Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
14.15-16.50-19.25-22.00 (00.30 Fri & Sat)
- 3 **The Kite Runner**  
Khalid Abdalla, Atossa Leoni  
15.25-18.20-21.20 (00.15 Fri & Sat)
- 4 **Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
(10.25 Sat & Sun) 13.05-15.45-18.25-21.10 (23.55 Fri & Sat)
- 5 **Jumper**  
Hayden Christensen, Samuel L. Jackson  
(12.30 Sat & Sun) 14.40-17.10-19.20-21.30 (23.40 Fri & Sat)
- 6 **Alvin and the Chipmunks**  
Jason Lee, David Cross (PV)  
(10.30 Sat & Sun)
- Rambo**  
Sylvester Stallone, Julie Benz  
13.10-15.20-17.30-19.40-21.50 (00.00 Fri & Sat)
- 7 **P.S. I Love You**  
Hilary Swank, Gerard Butler  
13.00-15.40-18.20-21.00 (23.50 Fri & Sat)
- 8 **Bee Movie**  
Animation PV  
(11.00 Sat & Sun)
- Call Girl**  
Soraia Chaves, Joaquim de Almeida  
15.35
- Atonement**  
Keira Knightley, James McAvoy  
(12.55 Sat & Sun) 18.35-21.15 (00.05 Fri & Sat)
- 9 **Cloverfield**  
Mike Vogel, Jessica Lucas  
13.15-15.15-20.00 (00.40 Fri & Sat)
- In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron  
17.20-22.10

CASTELLO LOPES CINEMAS  
PORTIMÃO  
TEL: 707 220 220  
14 FEB-20 FEB



- 1 **Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
13.50-16.10-18.45-21.20 (23.50 Fri & Sat)
- 2 **Atonement**  
Keira Knightley, James McAvoy  
13.40-16.15-18.55-21.30 (00.05 Fri & Sat)
- 3 **Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
13.45-16.05-18.35-21.10 (23.40 Fri & Sat)
- 4 **Rendition**  
Reese Witherspoon, Jake Gyllenhaal  
14.00-16.25-19.00-21.40 (00.10 Fri & Sat)
- 5 **Rambo**  
Sylvester Stallone, Julie Benz  
13.30-15.30-17.30-19.30-22.00 (00.15 Fri & Sat)
- 6 **Jumper**  
Hayden Christensen, Samuel L. Jackson  
13.35-15.35-17.35-19.35-21.50 (00.20 Fri & Sat)



OV = Original Version  
PV = Portuguese Version

CASTELLO LOPES CINEMAS  
ALGARVESHOPPING  
TEL: 707 220 220  
14 FEB-20 FEB



- 1 **Eastern Promises**  
Viggo Mortensen, Naomi Watts  
13.30-16.40-18.55-21.10 (23.50 Fri & Sat)
- 2 **Jumper**  
Hayden Christensen, Samuel L. Jackson  
13.20-15.20-17.25-19.35-21.40 (00.20 Fri & Sat)
- 3 **Atonement**  
Keira Knightley, James McAvoy  
13.05-15.50-18.35-21.15 (00.05 Fri & Sat)
- 4 **Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
13.40-16.30-19.00-21.50 (00.15 Fri & Sat)
- 5 **Bee Movie**  
Animation PV  
14.00-16.00
- 3:10 to Yuma**  
Russell Crowe, Christian Bale  
18.25-21.00 (23.30 Fri & Sat)
- 6 **Rambo**  
Sylvester Stallone, Julie Benz  
13.10-15.10-17.15-19.25-21.35 (23.40 Fri & Sat)
- 7 **P.S. I Love You**  
Hilary Swank, Gerard Butler  
13.00-15.45-18.30-21.20 (00.00 Fri & Sat)
- 8 **Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
13.25-16.10-18.45-21.30 (00.10 Fri & Sat)
- 9 **Gone Baby Gone**  
Casey Affleck, Michelle Monaghan  
13.50-16.20-18.50-21.25 (23.55 Fri & Sat)

LUSOMUNDO  
VILAMOURA  
TEL: 289 302 277  
14 FEB-20 FEB

- Feast of Love**  
Morgan Freeman, Greg Kinnear  
15.30-18.30-21.30

## CENTRE

LUSOMUNDO  
ALMADA FORUM  
TEL: 707 246362  
14 FEB-20 FEB

- Rambo**  
Sylvester Stallone, Julie Benz
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- P.S. I Love You**  
Hilary Swank, Gerard Butler
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Beowulf**  
Animation 3D Digital
- Feast of Love**  
Morgan Freeman, Greg Kinnear
- The Kite Runner**  
Khalid Abdalla, Atossa Leoni
- Saw IV**  
Tobin Bell, Lyriq Bent
- Gone Baby Gone**  
Casey Affleck, Michelle Monaghan
- In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron
- I Am Legend**  
Will Smith, Salli Richardson
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Sydney White**  
Amanda Bynes, Matt Long
- Atonement**  
Keira Knightley, James McAvoy
- Alvin and the Chipmunks**  
Jason Lee, David Cross OV & PV

LUSOMUNDO  
ALVALÁXIA  
TEL: 21 754 9000  
14 FEB-20 FEB

- There Will be Blood**  
Daniel Day-Lewis, Dillon Freasier
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Rambo**  
Sylvester Stallone, Julie Benz
- Gone Baby Gone**  
Casey Affleck, Michelle Monaghan
- Feast of Love**  
Morgan Freeman, Greg Kinnear
- The Kite Runner**  
Khalid Abdalla, Atossa Leoni
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Atonement**  
Keira Knightley, James McAvoy
- Lust, Caution**  
Tony Leung Chiu Wai, Wei Tang
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Call Girl**  
Soraia Chaves, Joaquim de Almeida
- Enchanted**  
Amy Adams, Patrick Dempsey (PV)

LUSOMUNDO  
AMOREIRAS  
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14 FEB-20 FEB

- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Enchanted**  
Amy Adams, Patrick Dempsey (PV)
- There Will be Blood**  
Daniel Day-Lewis, Dillon Freasier
- Contre-Enquête**  
Jean Dujardin, Laurent Lucas
- In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron
- Feast of Love**  
Morgan Freeman, Greg Kinnear
- Trade**  
Kevin Kline, Paulina Gaitan

LUSOMUNDO  
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14 FEB-20 FEB

- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Rambo**  
Sylvester Stallone, Julie Benz
- Bee Movie**  
Animation PV
- P.S. I Love You**  
Hilary Swank, Gerard Butler
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Gone Baby Gone**  
Casey Affleck, Michelle Monaghan
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Atonement**  
Keira Knightley, James McAvoy

LUSOMUNDO  
COLOMBO  
TEL: 707 246362  
14 FEB-20 FEB

- There Will be Blood**  
Daniel Day-Lewis, Dillon Freasier
- Bee Movie**  
Animation PV
- Into the Wild**  
Emile Hirsch, Jena Malone
- Gone Baby Gone**  
Casey Affleck, Michelle Monaghan
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Rambo**  
Sylvester Stallone, Julie Benz
- Sydney White**  
Amanda Bynes, Matt Long
- Atonement**  
Keira Knightley, James McAvoy

## P.S. I Love You

- Hilary Swank, Gerard Butler
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter

LUSOMUNDO  
DOLCE VITA MIRAFLORES  
TEL: 707 246362  
14 FEB-20 FEB

- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Ensemble, c'est tout**  
Audrey Tautou, Guillaume Canet
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Call Girl**  
Soraia Chaves, Joaquim de Almeida
- Shark Bait**  
Animation PV

UCI CINEMAS  
EL CORTE INGLÉS  
TEL: 707 23 22 21  
14 FEB-20 FEB



- The Darjeeling Limited**  
Owen Wilson, Adrien Brody
- Rendition**  
Reese Witherspoon, Jake Gyllenhaal
- Rambo**  
Sylvester Stallone, Julie Benz
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Lust, Caution**  
Tony Leung Chiu Wai, Wei Tang
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- There Will be Blood**  
Daniel Day-Lewis, Dillon Freasier
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Charlie Wilson's War**  
Tom Hanks, Philip Seymour Hoffman
- Gone Baby Gone**  
Casey Affleck, Michelle Monaghan
- P.S. I Love You**  
Hilary Swank, Gerard Butler
- Into the Wild**  
Emile Hirsch, Jena Malone
- Atonement**  
Keira Knightley, James McAvoy
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron
- The Kite Runner**  
Khalid Abdalla, Atossa Leoni

LUSOMUNDO  
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14 FEB-20 FEB

- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Beowulf**  
Animation 3D Digital
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Rambo**  
Sylvester Stallone, Julie Benz
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- P.S. I Love You**  
Hilary Swank, Gerard Butler

UCI CINEMAS  
FREEPORT  
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14 FEB-20 FEB



- Jumper**  
Hayden Christensen, Samuel L. Jackson
- P.S. I Love You**  
Hilary Swank, Gerard Butler
- Atonement**  
Keira Knightley, James McAvoy
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Beowulf**  
Animation
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- I Am Legend**  
Will Smith, Salli Richardson
- Atonement**  
Keira Knightley, James McAvoy

## Cloverfield

- Mike Vogel, Jessica Lucas
- 3:10 to Yuma**  
Russell Crowe, Christian Bale
- Bee Movie**  
Animation PV
- Charlie Wilson's War**  
Tom Hanks, Philip Seymour Hoffman
- Call Girl**  
Soraia Chaves, Joaquim de Almeida

LUSOMUNDO  
ODIVELAS PARQUE  
TEL: 707 246362  
14 FEB-20 FEB

- Jumper**  
Hayden Christensen, Samuel L. Jackson
- National Treasure: Book of Secrets**  
Nicolas Cage, Justin Bartha
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Rambo**  
Sylvester Stallone, Julie Benz
- Enchanted**  
Amy Adams, Patrick Dempsey (PV)
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Atonement**  
Keira Knightley, James McAvoy
- P.S. I Love You**  
Hilary Swank, Gerard Butler

LUSOMUNDO  
OEIRAS PARQUE  
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14 FEB-20 FEB

- Sydney White**  
Amanda Bynes, Matt Long
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon
- Atonement**  
Keira Knightley, James McAvoy
- Into the Wild**  
Emile Hirsch, Jena Malone
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Rambo**  
Sylvester Stallone, Julie Benz
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Shark Bait**  
Animation PV

LUSOMUNDO  
TORRES VEDRAS  
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14 FEB-20 FEB

- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Alvin and the Chipmunks**  
Jason Lee, David Cross OV & PV
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- I Am Legend**  
Will Smith, Salli Richardson (Digital)
- Feast of Love**  
Morgan Freeman, Greg Kinnear
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon

LUSOMUNDO  
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14 FEB-20 FEB

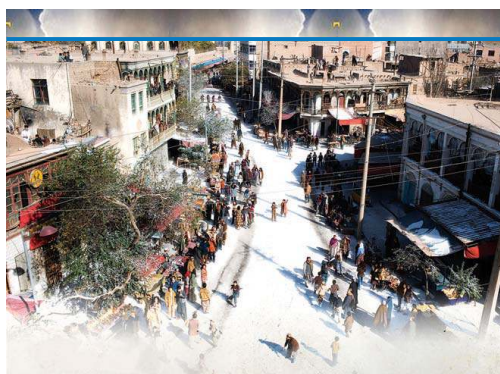
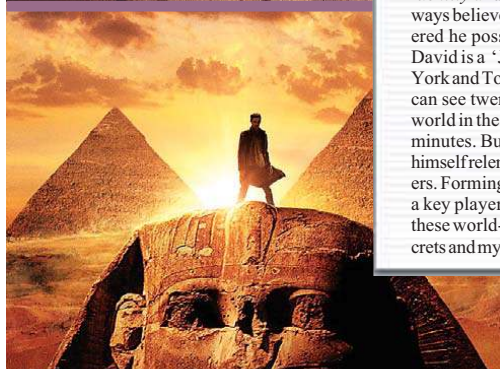
- Bee Movie**  
Animation PV
- Rambo**  
Sylvester Stallone, Julie Benz
- P.S. I Love You**  
Hilary Swank, Gerard Butler
- Atonement**  
Keira Knightley, James McAvoy
- Cloverfield**  
Mike Vogel, Jessica Lucas
- Beowulf**  
Animation
- Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter
- Jumper**  
Hayden Christensen, Samuel L. Jackson
- Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon

OV = Original Version  
PV = Portuguese Version



## JUMPER

*Jumper* is based on the Steven Gould novel, stars Hayden Christensen, Rachel Bilson, Jamie Bell, Diane Lane and Samuel L. Jackson and is directed by Doug Liman, the man behind *The Bourne Identity* and *Mr & Mrs Smith*. David Rice (Hayden Christensen) always believed he was perfectly ordinary, until he accidentally discovered he possessed a 'talent' that is nothing less than extraordinary. David is a 'JUMPER' who can teleport himself to the streets of New York and Tokyo, the ruins of Rome, and the summit of Mt. Everest. He can see twenty sunsets in one night, whisk his girlfriend around the world in the blink of an eye, and grab millions of dollars in a matter of minutes. But David's global odyssey takes a deadly turn when finds himself relentlessly pursued by a secret organization sworn to kill Jumpers. Forming an uneasy alliance with another Jumper, David becomes a key player in a war that has been raging for thousands of years. As these world-changing events unfold, David begins to discover the secrets and mythology behind his incredible ability.



## The Kite Runner

rious afternoon in Kabul and the skies are bursting with the exhilarating joy of a kite-fighting tournament.

But in the aftermath of the day's victory, one boy's fearful act of betrayal will mark their lives forever and set in motion an epic quest for redemption. Now, after 20 years of living in America, Amir returns to a perilous Afghanistan under the Taliban's iron-fisted rule to face the secrets that still haunt him and take one last daring chance to set things right.

Golden Globe-nominated director Marc Forster (*Stranger*

*Than Fiction*, *Finding Neverland* and *Monster's Ball*) brings to life Khaled Hosseini's bestseller with a globally diverse cast and crew, mixing a remarkable group of non-actors from Afghanistan and Central Asia with an accomplished international cast.

The result is a journey into a new world, through a universal human story that speaks to anyone who has ever yearned for a second chance to make a change and find forgiveness.

## There Will Be Blood

A sprawling epic about family, greed, corruption, and the pursuit of the American dream. Set in the booming West coast oil fields at the turn of the 20th century, *There Will Be Blood* follows the rise of rugged prospector Daniel Plainview (Day-Lewis), who becomes an independent oilman after hitting it rich with the strike of a lifetime. Written and directed by Paul Thomas Anderson, the film is inspired by Upton Sinclair's novel 'Oil!'.



## P.S. I Love You

Holly Kennedy (Hilary Swank) is beautiful, smart, and married to the love of her life, a passionate, funny and impetuous Irishman named Gerry (Gerard Butler). So when Gerry's life is taken by an illness, it takes the life out of Holly. The only one who can help her is the person who is no longer there. Nobody knows Holly better

delivered in surprising ways, each sending her on a new adventure and each signing off in the same way: P.S. I Love You. Holly's mother (Kathy Bates) and best friends, Sharon (Gina Gershon) and Denise (Lisa Kudrow), begin to worry that Gerry's letters are keeping

Holly tied to the past, but, in fact, each letter is pushing her fur-



than Gerry. So it's a good thing he planned ahead. Before he died, Gerry wrote Holly a series of letters that will guide her, not only through her grief but in re-discovering herself.

The first message arrives on Holly's 30th birthday in the form of a cake and, to her utter shock, a tape recording from

Gerry, who proceeds to order her to get out and "celebrate herself". In the weeks and months that follow, more letters from Gerry are

ther into a new future.

With Gerry's words as her guide, Holly embarks on a touching, exciting and often hilarious journey of rediscovery in a story about marriage, friendship and how a love so strong can turn the finality of death into a new beginning for life.



Sometimes there's only 1 thing left to say





## CELEB NEWS

The tentative agreement between the writers and producers reached last weekend appears to have rescued the February 24 **80th Annual Academy Awards** telecast. At a news conference, WGA chief negotiator David Young suggested that keeping the Oscars hostage, in effect, helped the union leverage a settlement. "It was going to be a huge thing for the industry to lose the Oscars," he said. Nevertheless, with less time to prepare, Academy Awards producers are likely to simplify production numbers and entirely eliminate customarily elaborate filmed pieces. And as the principal entertainer of the night, **Jon Stewart** is expected to face even greater pressure than usual to keep things light and lively. «»»» Actor **Roy Scheider**, a two-time Oscar nominee best known for his leading role as the water-phobic police chief in the smash blockbuster **Jaws**, died February 10 in Little Rock, Arkansas, at the University of Arkansas Medical Sciences hospital; he was 75. Though an official cause of death was not released at press time, a hospital spokeswoman stated that the actor had been treated for multiple myeloma, a type of bone-marrow cancer that affects plasma cells, at the hospital's research centre for the past two years. Born in New Jersey, Scheider pursued a career in boxing before turning to acting. It was in 1971 that he truly gained fame for his roles in the two popular thrillers, **Clute** and **The French Connection**; the latter earned him an Oscar nomination for Best Supporting Actor. However, it was his role four years later in the **Steven Spielberg** thriller **Jaws** for which he became most well-known, his line, "You're gonna need a bigger boat," became one of the most best known lines in contemporary film. Scheider also appeared in the ill-fated sequel **Jaws 2** and the thriller **Marathon Man** before embarking on his most acclaimed performance, that of Broadway director and choreographer Joe Gideon in **Bob Fosse's All That Jazz**. The role, closely based on Fosse's life, brought Scheider his second Academy Award nomination in 1979, this time for Best Actor. He continued to work steadily in both film and television, with diverse roles in such films as **Still Of The Night**, **Blue Thunder**, **2010**, **The Russia House**, **Naked Lunch**, **The Peacekeeper**, **The Myth Of Fingerprints** (for which he received an Independent Spirit Award nomination) and the TV series **SeaQuest DSV** and **Third Watch**. Scheider is survived by his three children and his second wife, actress **Brenda King**. «»»» Actor **Heath Ledger** was killed by an accidental overdose of prescription drugs, the New York Medical Examiner has ruled. An autopsy into the star's death in January failed to establish the cause of death, but an overdose was suspected because a number of prescription medicines were found in his Manhattan apartment. Toxicology test results released last week established six different drugs were found in the actor's system, including painkillers, sleeping pills, anti-anxiety pills and antihistamines, when he died. A statement from the Medical Examiner reads, "Mr. Heath Ledger died as the result of acute intoxication by the combined effects of oxycodone, hydrocodone, diazepam, temazepam, alprazolam, and doxylamine. We have concluded that the manner of death is accident, resulting from the abuse of prescription medications." Ledger, was buried at his family's plot in Karrakatta Cemetery in his native Perth, Australia. «»»» Actor **Brad Renfro** died from an accidental heroin overdose, the Los Angeles County Coroner has ruled. **The Client** star, who had a history of drug-related problems, was found dead in his L.A. apartment on January 15. Renfro, 25, injected the drugs into himself before dying of "acute heroin/morphine intoxication." The coroner's report reads: "The final manner of death has been ruled an accident". «»»» **Grey's Anatomy** star **Eric Dane** has been battling skin cancer since he was diagnosed with the deadly illness last month. The 35-year-old actor became concerned after noticing an unusual patch of skin above his lips and immediately sought medical treatment. He tells OK magazine, "I went to my dermatologist. He said it was malignant tissue caused by sun damage." Doctors treated the growth by freezing it off with liquid nitrogen and Dane admits it was a traumatic procedure. He adds, "My skin is very sensitive and my lip was traumatized by the procedure I had to go through. I didn't eat very well for a couple of weeks and lost a bunch of weight." Despite dropping over 10 pounds during his ordeal, the actor now insists he is on the road to recovery. «»»»

## NORTH

**UCI CINEMAS**  
**ARRABIDA SHOPPING**  
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14 FEB-20 FEB



**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
**In the Valley of Elah**

Tommy Lee Jones, Charlize Theron  
**Charlie Wilson's War**

Tom Hanks, Philip Seymour Hoffman

**Feast of Love**

Morgan Freeman, Greg Kinnear  
**Alvin and the Chipmunks**

Jason Lee, David Cross (PV)

**I Am Legend**

Will Smith, Salli Richardson  
**Cloverfield**

Mike Vogel, Jessica Lucas

**3:10 to Yuma**

Russell Crowe, Christian Bale

**Call Girl**

Soraia Chaves, Joaquim de Almeida

**The Darjeeling Limited**

Owen Wilson, Adrien Brody

**Atonement**

Keira Knightley, James McAvoy

**Gone Baby Gone**

Casey Affleck, Michelle Monaghan

**There Will be Blood**

Daniel Day-Lewis, Dillon Freasier

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**The Kite Runner**

Khalid Abdalla, Atossa Leoni

**Jumper**

Hayden Christensen, Samuel L. Jackson

**P.S. I Love You**

Hilary Swank, Gerard Butler

**Rendition**

Reese Witherspoon, Jake Gyllenhaal

**National Treasure: Book of Secrets**

Nicolas Cage, Justin Bartha

**Le Scaphandre et le Papillon**

Mathieu Amalric e Emmanuelle Seigner

**Cloverfield**

Mike Vogel, Jessica Lucas

**Rambo**

Sylvester Stallone, Julie Benz

**LUSOMUNDO**  
**FORUM AVEIRO**  
TEL: 707 246362

14 FEB-20 FEB

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**4 luni, 3 saptamani, si 2 zile**

Anamaria Marinca, Laura Vesiliu

**Ensemble, c'est tout**

Audrey Tautou, Guillaume Canet

**3:10 to Yuma**

Russell Crowe, Christian Bale

**P.S. I Love You**

Hilary Swank, Gerard Butler

**Call Girl**

Soraia Chaves, Joaquim de Almeida

**Cristóvão Colombo: O Enigma**

Ricardo Trêpa, Leonor Baldaque

**Atonement**

Keira Knightley, James McAvoy

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**LUSOMUNDO**  
**GLICÍNIAS**  
TEL: 707 246362

14 FEB-20 FEB

**Good Luck Chuck**

Dane Cook, Jessica Alba

**National Treasure: Book of Secrets**

Nicolas Cage, Justin Bartha

**Cloverfield**

Mike Vogel, Jessica Lucas

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Feast of Love**

Morgan Freeman, Greg Kinnear

**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Sydney White**  
Amanda Bynes, Matt Long

**LUSOMUNDO**  
**DOLCE VITA COIMBRA**  
TEL: 707 246362

14 FEB-20 FEB

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**In the Valley of Elah**

Tommy Lee Jones, Charlize Theron

**There Will be Blood**

Daniel Day-Lewis, Dillon Freasier

**Atonement**

Keira Knightley, James McAvoy

**Bee Movie - Animation PV**

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Charlie Wilson's War**

Tom Hanks, Philip Seymour Hoffman

**Call Girl**

Soraia Chaves, Joaquim de Almeida

**Rendition**

Reese Witherspoon, Jake Gyllenhaal

**The Assassination of Jesse James by the Coward Robert Ford**

Brad Pitt, Casey Affleck

**Feast of Love**

Morgan Freeman, Greg Kinnear

**The Kite Runner**

Khalid Abdalla, Atossa Leoni

**Lust, Caution**

Tony Leung Chiu Wai, Wei Tang

**LUSOMUNDO**  
**FORUM COIMBRA**  
TEL: 707 246362

14 FEB-20 FEB

**National Treasure: Book of Secrets**

Nicolas Cage, Justin Bartha

**Le Scaphandre et le Papillon**

Mathieu Amalric e Emmanuelle Seigner

**Cloverfield**

Mike Vogel, Jessica Lucas

**Rambo**

Sylvester Stallone, Julie Benz

**I Am Legend**

Will Smith, Salli Richardson

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Jumper**

Hayden Christensen, Samuel L. Jackson

**Shark Bait - Animation PV**

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Cloverfield**

Mike Vogel, Jessica Lucas

**LUSOMUNDO**  
**FERRARA PLAZA**  
TEL: 707 246362

14 FEB-20 FEB

**Feast of Love**

Morgan Freeman, Greg Kinnear

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Balls of Fury**

Christopher Walken, Maggie Q.

**Call Girl**

Soraia Chaves, Joaquim de Almeida

**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Alvin and the Chipmunks**  
Jason Lee, David Cross PV

**LUSOMUNDO**  
**DOLCE VITA DOURO**  
TEL: 707 246362

14 FEB-20 FEB

**Jumper**

Hayden Christensen, Samuel L. Jackson

**Cloverfield**

Mike Vogel, Jessica Lucas

**Atonement**

Keira Knightley, James McAvoy

**Saw IV**

Tobin Bell, Lyriq Bent

**3:10 to Yuma**

Russell Crowe, Christian Bale

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**4 luni, 3 saptamani, si 2 zile**

Anamaria Marinca, Laura Vesiliu

**LUSOMUNDO**  
**FORUM VISEU**  
TEL: 707 246362

14 FEB-20 FEB

**Atonement**

Keira Knightley, James McAvoy

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Jumper**

Hayden Christensen, Samuel L. Jackson

**Cloverfield**

Mike Vogel, Jessica Lucas

**Saw IV**

Tobin Bell, Lyriq Bent

**Call Girl**

Soraia Chaves, Joaquim de Almeida

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**LUSOMUNDO**  
**FORUM VIZELA**  
TEL: 707 246362

14 FEB-20 FEB

**Cloverfield**

Mike Vogel, Jessica Lucas

**Shark Bait - Animation PV**

**Atonement**

Keira Knightley, James McAvoy

**3:10 to Yuma**

Russell Crowe, Christian Bale

**LUSOMUNDO**  
**DOLCE VITA PORTO**  
TEL: 707 246362

14 FEB-20 FEB

**Jumper**

Hayden Christensen, Samuel L. Jackson

**Atonement**

Keira Knightley, James McAvoy

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Enchanted**  
Amy Adams, Patrick Dempsey (PV)  
**3:10 to Yuma**  
Russell Crowe, Christian Bale  
**Call Girl**  
Soraia Chaves, Joaquim de Almeida  
**Feast of Love**  
Morgan Freeman, Greg Kinnear

**LUSOMUNDO**  
**NORTE SHOPPING**  
TEL: 707 246362

14 FEB-20 FEB

**In the Valley of Elah**

Tommy Lee Jones, Charlize Theron

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Jumper**

Hayden Christensen, Samuel L. Jackson

**P.S. I Love You**

Hilary Swank, Gerard Butler

**There Will be Blood**

Daniel Day-Lewis, Dillon Freasier

**Enchanted**

Amy Adams, Patrick Dempsey (PV)

**Gone Baby Gone**

Casey Affleck, Michelle Monaghan

**Rambo**

Sylvester Stallone, Julie Benz

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**LUSOMUNDO**  
**GAIA SHOPPING**  
TEL: 707 246362

14 FEB-20 FEB

**Feast of Love**

Morgan Freeman, Greg Kinnear

**Trade**

Kevin Kline, Paulina Gaitan

**Jumper**

Hayden Christensen, Samuel L. Jackson

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Rambo**

Sylvester Stallone, Julie Benz

**Call Girl**

Soraia Chaves, Joaquim de Almeida

**Atonement**

Keira Knightley, James McAvoy

**Sydney White**

Amanda Bynes, Matt Long

**Gone Baby Gone**

Casey Affleck, Michelle Monaghan

**Alvin and the Chipmunks**

Jason Lee, David Cross PV

**LUSOMUNDO**  
**PARQUENASCENTE**  
TEL: 707 246362



## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Match of the Day Live: The FA Cup. Bristol Rovers v Southampton (Kick-off 12.30pm). (T) 2.30 Live Athletics. The Indoor Grand Prix. Coverage continues on BBC2. (T) 4.15 BBC News; Regional News; Weather. (T) 4.30 Final Score.

5.05 Match of the Day Live: The FA Cup. Manchester United v Arsenal (Kick-off 5.15pm). (T)

7.30 The One and Only. The five finalists perform two solos and two group songs, before the two contestants with the least votes are eliminated, leaving three to battle it out in tonight's results show at 9.40pm. (T)

8.40 The National Lottery Draws. John Barrowman announces the all-important numbers. (T)

8.50 Casualty. Harry confronts Marilyn over Ruth's suicide attempt, claiming she was under too much pressure, and considers making the comatose junior doctor's scathing diary public. New paramedic Snezana joins the team, and Dixie doesn't immediately take to her, but is impressed by her ability when she delivers Joanne's baby in a pub. Medical drama, starring Simon MacCorkindale, Caroline Lagrishe and newcomer Ivana Basic. (T)

9.40 The One and Only - The Results Show. The three remaining finalists each perform their favourite song from the series in a bid to gain last-minute viewer votes, before the winner of a performing contract in Las Vegas is revealed. Last in series. (T)

10.10 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker presents highlights of this afternoon's FA Cup fifth-round ties, including the clash between Manchester United and Arsenal at Old Trafford. The Gunners are yet to concede a goal in their two matches so far this campaign, beating Burnley 2-0 at Turf Moor and Newcastle United 3-0 at the Emirates Stadium, but their defence will be severely tested by Cristiano Ronaldo, whose goal-scoring exploits this season have been nothing short of exceptional. Plus, action from Bristol Rovers v Southampton, Chelsea v Huddersfield Town and Liverpool v Barnsley. (T)

11.40 FILM: A Time to Kill (1996). Thriller, with Matthew McConaughey. (T)

2.05 Friday Night with Jonathan Ross; (R) (T) Weatherview. 3.10 BBC News 24. (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Arthur. (R) (T) 7.40 Mortified. (R) (T) 8.00 Krypto the Superdog. (R) (T) 8.15 Zombie Hotel. (R) (T) 8.40 Dinosaup. (R) (T) 9.00 Basil's Swap Shop. (T) 10.00 Prank Patrol. (R) (T) 10.30 What's New Scooby-Doo? (R) (T) 10.50 Best of Friends. (R) (T) 11.20 Animalia; (R) (T) Diddy Dick & Dom. (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.30 Film 2008 with Jonathan Ross. (R) (T) 1.00 Racing from Ascot and Haydock Park. Including the 2.25 Commercial First Ascot Steeple Chase (2m 3f). (T) 2.55 BBC Switch: Falcon Beach. (T) 3.40 BBC Switch: Sound. (T) 4.15 Live Athletics. The Indoor Grand Prix. (T) 5.30 What the Papers Say. (T) 5.40 Natural World. (R) (T) 6.30 A Wild Day in Heligan. (R) (T) 6.40 World on the Move. (T) 7.10 The Culture Show. With David Mitchell and Robert Webb. (T) 8.00 Coast. First leg of a journey around the UK. (R) (T) 9.00 Have I Got Old News for You. With host Gordon Ramsay. (R) (T) 9.30 FILM: The Three Burials of Melquiades Estrada (2005). Premiere. Contemporary Western, directed by and starring Tommy Lee Jones as a ranch foreman who forces his friend's murderer to help him take the body back to his family. (T) 11.25 FILM: Junebug (2005). Premiere. Drama, starring Amy Adams. (T) 1.05 The Culture Show. With David Mitchell and Robert Webb. (R) 1.55 FILM: Inheritance (2003). Premiere. Danish drama, starring Ulrich Thomsen. 3.45 Close.

## Pick of the Day

## The One and Only (BBC1, 7.30pm)

With Stars in Their Eyes currently off our screens, The X Factor months away and Dancing On Ice switched to Sundays, at least this series has brightened up Saturday nights a bit for the past few weeks. We've enjoyed some extraordinary performances from an aspiring Sinatra, a wannabe Kylie and a terrific Robbie among others. Now the competition reaches what should be a thrilling conclusion, and there's one question on viewers' lips: which of the celeb doppelgangers will make the grade? Only Graham Norton has the answer - or at least he will have by the end of the night. This may be the last in the current run, but you won't have to wait long to see vocal coaches David and Carrie Grant again. They've been working on a new series that should help inspire the musicians of tomorrow. "Carrie and David's Popshop for CBeebies is like our baby," explains Carrie. "We've really put our hearts into this one. It's a 30-part series for young children, because we felt that the quality of music that was being given to children generally just wasn't brilliant." Who knows? One of those viewers could be a future One and Only Winner.

## C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.05 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Freshly Squeezed. 10.20 T4: Face the Music: The Feeling. 10.55 T4: The Hills. (R) (T) 11.25 T4: Friends. (R) (T) 11.55 T4: Vanity Lair. (R) (T) 1.00 T4: Age of Love. (T) 2.00 Channel 4 Racing from Wincanton, Uttoxeter, Haydock Park and Gowran Park. Including the 3.40 Bathwick Tyres Kingwell Hurdle (2m). (T) 4.10 Deal or No Deal. (T) 5.00 Jamie at Home. (R) (T) 5.30 River Cottage: Gone Fishing. (R) (T) 6.30 Channel 4 News. (T) 7.00 ER. Morris and Pratt revise for their medical board exams. Moretti hires a new attending physician to relieve staffing problems and Harold turns to Neela for personal advice. (T) 8.00 Grand Designs. A couple decide to build a family home on an industrial site in the Midlothian countryside complete with lime kilns, but are only allowed to do so if their house blends in with the landscape. (R) (T) 9.00 FILM: Patriot Games (1992). A former CIA agent foils a terrorist attack on a member of the royal family while holidaying in Britain - only to become a target himself. Thriller, starring Harrison Ford. (T) 11.10 Wife Swap. (R) (T) 12.15 FILM: Candyman: Farewell to the Flesh (1995). Horror sequel, starring Tony Todd. (T) 1.55 FILM: The Sin Eater (2002). Supernatural horror, starring the late Heath Ledger. (T) 3.45 The Cicerones. (R) (T) 4.00 Journey Through the Night. (R) (T) 4.15 Salvage Squad. (R) (T) 5.15 Grudge Match. (R) (T) 5.25 Countdown. (R) (T)

## FIVE

6.00 Sunrise. 6.55 Milkshake!: Beth Meets Hi-5. (R) (T) 7.00 Hi-5. (R) (T) 7.35 The Beeps. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Rupert Bear. (R) (T) 8.15 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.45 Roary the Racing Car. (R) (T) 9.05 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Football Italiano Highlights. (T) 10.30 Monkey Life. (R) (T) 11.00 Fifth Gear. (R) (T) 12.00 Neighbours. (T) 2.10 FILM: East of Sudan (1964). Adventure, starring Anthony Quayle. (T) 4.00 FILM: The Muppets' Wizard of Oz (2005). Comedy fantasy, with Kermit and pals. (T) 5.45 five news and sport. (T) 6.00 FILM: Private Benjamin (1980). Fun-filled comedy, starring Goldie Hawn in one of her best roles - as a scatterbrained widow who enlists in the US Army in the hope of forgetting her woes. With Armand Assante. (T) 7.45 Ice Road Truckers. A 50-ton fuel tanker flips over at the start of the ice road, forcing emergency crews to work hard to prevent an environmental disaster. (R) (T) 8.45 NCIS. The dead body of a female petty officer is found lying in bed next to a barman - but he insists she is not the woman he brought home the previous night. (R) (T) 9.40 CSI: NY. Danny and Lindsay investigate the case of an Amityville family found dead in their own home, suspecting the father may have committed a murder-suicide. (T) 10.40 Law & Order. (T) 11.40 True CSI. (R) (T) 12.40 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (R) (T) 9.45 Dancing on Ice. (R) (T) 11.15 Dancing on Ice: The Skate Off. (R) (T) 11.45 Coronation Street. (T) 2.00 ITV News and Weather. (T) 2.10 London Today; Weather. (T) 2.15 Primeval. (R) (T) 3.15 Jeremy Beadle: A Tribute. (R) (T) 3.45 FILM: Licence to Kill (1989). James Bond adventure, starring Timothy Dalton. Continues after ITV News and Weather.

5.15 London Tonight; Weather. (T)

5.30 ITV News and Weather. (T)

5.45 FILM: Licence to Kill (1989). Concludes.

6.45 Harry Hill's TV Burp. Comic look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to Harry's unique brand of scrutiny. (T)

7.15 Primeval. Having discovered the ARC team have a traitor in their midst, Cutter is determined to unmask them, only for his plans to be interrupted when a giant mammoth appears on a busy motorway in broad daylight. The team rush to the site, and eventually manage to trap the beast in the back of a lorry - but suspiciously Stephen is nowhere to be seen. Douglas Henshall stars, with a guest appearance by Ramon Tikaram. (T)

8.15 Ant & Dec's Saturday Night Takeaway. New series. Hollywood A-listers Will Ferrell is in the voiceover box as the Georgie duo return with their entertainment show. New game The Mouse Trap sees one member of the public collecting cheese in a bid to win a big cash prize, and there's also the latest 'wee' challenge, but this time with a twist - Ant v Dec: The Teams sees the pair each joined by five celebrities who work alongside them. Plus, Grab the Ads, in which a member of the studio audience and viewers at home have the chance to win the contents of last week's TV commercials. (T)

9.30 Duel. High-tension quiz show in which contestants go head to head in a battle of knowledge and nerve - and in which just one mistake means instant elimination. Hosted by Nick Hancock. (T)

10.30 Thank God You're Here. Paul Merton hosts the improvised sketch show as Jessica Hynes, Marcus Brigstocke and John Thomson - none of them strangers to the worlds of acting and comedy - are plunged into a scenario with only the set, its props, a costume and their wits to help them bag their way through. Paul also submits himself to the same treatment in an unknown scene, before awarding this week's trophy to the most deserving guest. Last in series. (T)

11.30 ITV News and Weather; Weather. (T)

11.45 FILM: The Jerk (1979). Comedy, with Steve Martin. (T)

1.15 Nightwatch with Steve Scott: Mystery; (T) ITV News Headlines. 3.00 FILM: Goodbye, Mr Chips (1969). Romantic musical, starring Peter O'Toole. (T)

5.15 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Fim-de-Semana 1100 Mudar de Vida 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1715 Miracles Dogs Too, film 1915 O Preto Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 Sewnse and Sensibility, film 0115 Back To You And Me, film 0400 Lottery 0415 Teleales

**RTP2**  
0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1130 A Minha Família e Outros Animais 1300 Kabom 1330 Bombordo 1400 Afraganista - O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kaboom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2240 Double Sessions: Films TBA 0245 Sport 0615 Euronews

**SIC**  
0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nossos Mundo 1300 News 1430 Extase 1500 Futsal: Alpendroada V Sporting 1715 The Edge, film 2000 News 2215 Das Cargas 2345 Hora H 0045 I Still Know What You Did Last Summer, film 0245 Kiss, Kiss, Bang, Bang, film 0330 Amazonia 0415 O Jogo

**TVI**  
0700 Childen TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka II 1600 Film TBA 1800 Film TBA 2000 News 2130 Fascínios 2245 Deixame Amar 0000 Timeless Obsession, film 0200 Toca a Ganhar 0330 Animal factory, film 0500 The Office 0530 Teleales

## Best of the Rest

## BBC3

7.00 Sound 7.30 Football Gaffes Galore 7.40 Top Gear 8.40 The Real Hustle Las Vegas 9.10 The Real Hustle Las Vegas 9.40 Film: Bruce Almighty 12 (2003) 11.15 Two Pints of Lager and a Packet of Crisps 11.45 Family Guy 12.10 Family Guy 12.30 Lily Allen and Friends 1.15 The Real Hustle Las Vegas 1.45 The Real Hustle Las Vegas 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Little Miss Jocelyn 3.15 Lily Allen and Friends 4.00 Freaky Eaters 4.55 Close

## BBC4

7.00 The Diary of a Nobody 7.10 Pride and Prejudice 8.05 Pride and Prejudice 9.00 Savile Row 10.00 Film: I, Vitelloni PG (1953) 11.45 BBC Four Sessions: kd lang 12.45 10 Things You Didn't Know About Tsunamis 1.45 Citizen Smith 2.15 Brecon Jazz Festival 2007 2.45 BBC Four Sessions: kd lang 3.45 Citizen Smith 4.15 Close

## ITV2

1.00 American Idol 2.00 Emmerdale 3.00 Harry Hill's TV Burp 3.30 The Planet's Funniest Animals 3.45 Who Wants to be a Millionaire? 4.45 The Grammys 2008 6.45 Hey Paula! 7.15 Coleen's Real Women 8.15 American Princess 9.15 Movies Now 9.30 Film: Mission: Impossible PG (1996) 11.30 Al Murray's HappyHour 12.35 Film: In the Line of Fire 15 (1993) 2.55 Entertainment 3.25 Movies Now 3.30 Emmerdale 6.00 Close

## Sky One

1.00 Stargate Atlantis 2.00 Vroom Vroom 3.00 Top 50

Greatest Celebrity Animals 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 Futurama 7.30 Futurama 8.00 Brainiac: Science Abuse 9.00 Ross Kemp in Afghanistan 10.00 Road Wars 11.00 Road Wars 12.00 Nothing but the Truth 1.00 Road Wars 1.50 Tenerife Uncovered 2.40 Brainiac: Science Abuse 3.30 Las Vegas 4.20 Rescue Me 5.10 Guilty!

## UKTV Gold

1.00 The Thin Blue Line 1.40 My Family 2.20 Keeping Up Appearances 3.00 Doctor Who 4.00 Doctor Who 5.00 My Hero 5.40 My Hero 6.20 The Two Ronnies Sketchbook 7.00 Victoria Wood as Seen on TV 7.40 The Thin Blue Line 8.20 Blackadder II 9.00 Only Fools and Horses Top 40 Moments 11.00 Blackadder II 11.40 Blackadder II 12.20 The Thin Blue Line 1.00 The Two Ronnies Sketchbook 1.40 Blackadder II 2.15 Kidnapped 3.05 Kidnapped 3.55 Kidnapped 4.45 Close Up 4.55 Close Up 5.05 Charlie's Angels

## TCM

1.00 Somewhere I'll Find You PG (1942) 3.00 Whistle Down the Wind PG (1961) 4.45 Northwest Passage PG (1940) 7.05 Hot Millions U (1968) 9.00 The Fabulous Baker Boys 15 (1989) 10.50 The Screening Room 11.20 Lolita 15 (1962) 1.50 Teleshopping 2.15 Sweethearts U (1938) 4.15 Warner Bros: 75 Years of Stars 5.00 Out of the Fog PG (1941) The Disney Channel Kids' programmes from 7am, except: 4.00 Film: Cadet Kelly U (2002) Comedy, starring Hilary Duff.

## MOVIES

## Sky Movies Drama

7.10 The Lost Weekend PG (1945) 9.00 Roman Holiday U (1953) 11.00 Little Miss Sunshine 15 (2006) With Toni Collette. 12.50 Oscar Nominations Special 1.20 Roman Holiday U (1953) With Audrey Hepburn. 3.20 Syriana 15 (2005) With George Clooney. 5.30 Little Miss Sunshine 15 (2006) With Toni Collette. 7.30 Oscar Nominations Special 8.00 The Fugitive 15 (1993) With Harrison Ford. 10.15 GoodFellas 18 (1990) With Robert De Niro. 12.45 The Godfather 18 (1972) With Marlon Brando. 3.40 Annie Hall 15 (1977) 5.20 The Last Weekend PG (1945)

## Sky Movies Comedy

6.00 'Til There Was You PG (1997) 8.10 Carolina PG (2003) 10.05 10 Things I Hate About You 12 (1999) 12.00 Premiere Close Up 12.30 There's Something About Mary 15 (1998) With Cameron Diaz. 2.40 Just Friends 12 (2005) With Ryan Reynolds. 4.25 The Wedding Singer 12 (1998) With Adam Sandler. 6.15 10 Things I Hate About You 12 (1999) With Heath Ledger. 8.00 There's Something About Mary 15 (1998) With Cameron Diaz. 10.05 Date Movie 12 (2006) With Alyson Hannigan. 11.35 Just Friends 12 (2005) With Ryan Reynolds. 1.15 The Wedding Singer 12 (1998) With Adam Sandler. 2.55 Date Movie 12 (2006) With Alyson Hannigan. 4.25 Carolina PG

## (2003)

## Sky Movies Action

6.30 The Legend of Butch and Sundance PG (2004) 8.00 187 15 (1997) 10.00 Billy Bathgate 15 (1991) 11.55 The Sentinel 12 (2006) With Michael Douglas. 1.45 Walker, Texas Ranger: Trial by Fire (2005) With Chuck Norris. 3.20 Breakdown 15 (1997) With Kurt Russell. 5.00 Billy Bathgate 15 (1991) With Dustin Hoffman. 6.55 187 15 (1997) With Samuel L. Jackson. 9.00 The Sentinel 12 (2006) With Michael Douglas. 10.55 Breakdown 15 (1997) With Kurt Russell. 12.35 Lucky Number Slewin 18 (2006) With Josh Hartnett. 2.30 Kiss the Girls 18 (1997) With Morgan Freeman. 4.40 The Legend of Butch and Sundance PG (2004)

## (R)-repeatprogramme;

## (T)-programme with tele-

## text subtitles;

## (S)-programme broadcast

## cast in stereo;

## (bw)-black and white.

## SPORT

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Champions League Weekly 7.00 Big League Weekend 8.00 Futbol Mundial 8.30 Champions League Weekly 9.00 Soccer Arm 12.00 Soccer Saturday 6.00 Live Super League. Bradford Bulls v Huddersfield Giants (Kick-off 6.00pm). 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 Super League 1.00 Spanish Football 2.30 Champions League Weekly 3.00 Live International Cricket. Australia v India.

## Sky Sports 2

6.00 FA Cup Classics 6.30 Live Rugby Union. The Blues v The Chiefs (Kick-off 6.35am). 8.30 Live Rugby Union. The Waratahs v The Hurricanes (Kick-off 8.40am). 11.00 Super League 1.00 Max Power 2.00 Spirit of Yachting 2.30 Live Rugby Union. Bath v London Wasps (Kick-off 2.45pm). 5.00 Live Rugby Union. The Cheetahs v The Lions (Kick-off 5.05pm). 7.00 Spirit of Yachting 7.30 Golf Night 9.30 Rugby Union 12.00 Golf Night 2.00 Super League 4.00 Spanish Football 5.30 Champions League Weekly

## Sky Sports 3

6.00 Live European Tour Golf. The Indonesia Open. 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 European Tour Golf 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Sports Unlimited 9.00 World Sport 9.30 Spirit of Yachting

## Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Max Power 3.00 Golf Night 5.00 Live European Tour Golf. The Indonesia Open.

## British Eusport

7.30 Nordic Combined Skiing 8.00 Live Nordic Combined Skiing. World Cup coverage from Liberec. 9.45 Live Cross-Country Skiing. The World Cup meeting from Liberec. 10.30 Ski Jumping 10.45 Live Biathlon. The World Championships in Ostersund. 12.30 Ski Jumping 1.00 Live Cross-Country Skiing. The World Cup meeting from Liberec. 2.00 Live Biathlon. The World Championships from Ostersund. 2.45 Live Snooker. The first Welsh Open semi-final. 4.30 WTA Tennis 5.30 Nordic Combined Skiing 5.45 Ski Jumping 7.05 Live Snooker. The second Welsh Open semi-final. 10.30 GP2 Racing 11.00 Motor Racing 12.00 Biathlon 1.00 Close

## Sky Sports Xtra

6.00 Race World 7.00 Tight Lines 8.00 Friday Fight Night 10.00 Max Power 11.00 British Ice Hockey 1.00 NFL: Total Access 1.55 U Can Do It 2.00 Women's Squash 3.00 Friday Fight Night 5.00 NFL: Total Access 5.55 U Can Do It 6.00 Max Power 7.00 Women's Squash 8.00 Race World 9.00 Max Power 10.00 Women's Squash 11.00 NFL: Total Access 11.55 U Can Do It 12.00 Spirit of Yachting 12.30 Champions League Weekly 1.00 Women's Squash 2.00 Rugby Union 4.30 Women's Squash 5.30 World Sport

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6.00 Breakfast. (T) 7.50 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 1.45 Match of the Day Live: The FA Cup. Sheffield United v Middlesbrough (Kick-off 2.00pm). (T) 4.00 Diagnosis Murder. (R) (T) 4.45 Lifeline. (T) 4.55 Songs of Praise. (T)

5.35 BBC News; Regional News; Weather. (T)

6.00 Life in Cold Blood. David Attenborough explores how amphibians first took to dry land, taking clues from the Australian lungfish and the giant Japanese salamander. He also reveals the remarkable paternal behaviour of the male marsupial frog in Australia, which carries tadpoles in pouches on its hips until they develop into tiny frogs. Followed by Under the Skin - Warning from the Wild. (R) (T)

7.00 Antiques Roadshow. Michael Aspel and the team journey to Bexhill's De La Warr Pavilion to uncover more hidden heirlooms. Items under scrutiny include one of the finest pieces of silverware ever to be discovered on the show, a collection of fragments telling the story of a daring escape from Colditz, and a trove of saucy seaside postcards once banned by censors. (T)

8.00 Lark Rise to Candleford. When a homeless family abandon their young daughter in Lark Rise, Robert attempts to find her a new home. Sir Timothy is moved to intervene, but matters become increasingly complicated when both Zillah and Lady Adelaide become enchanted by Robert's young charge, each hoping to adopt the youngster. Meanwhile, love poems are exchanged between Thomas and Miss Ellison. (T)

9.00 The Last Enemy. New futuristic drama series, starring Benedict Cumberbatch as the reclusive Stephen, who returns to London following his aid-worker brother's death in a landmine explosion. He is disturbed to discover the city's residents are now under constant surveillance, but the authorities seem to be taking a particular interest in him when he is approached to support a new super database. With Robert Carlyle and Max Beesley. (T)

10.25BBC News; Weather. (T)

10.45FILM: Runaway Jury (2003). Thriller, starring John Cusack; (T) Weatherview.

12.50 Sign Zone: Around the World in 80 Gardens. (R) (T) 1.50 Sign Zone: Holby City. (R) (T) 2.50 Sign Zone: Watchdog. (R) (T) 3.20 Sign Zone: Wanted Down Under. (R) (T) 4.05 BBC News 24. (T)

## LOCAL

### RTP1

0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucaristia Dominicana 1000 Eucaristia Dominicana 1100 Equipados Para Maratã 1200 AB Ciência 1230 Mr Bean 1300 News 1415 Sô Visto 1530 Traveller 1745 Operação Triunfo 1600 Two if by the Sea, film 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 Ambulance Girl, film 0400 Telesaud

**RTP2**

0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

### SIC

0700 Floribella 0930 Os Bandidos 1115 Missa 1230 Otavio Da 1300 News 1400 Entre Vidas 1600 Just Visiting, film 1800 Bringing Down the House, film 2000 News 2200 Noivas de Maio 0000 Film TBA 0230 Toca A Ganhar 0400 Os Escolhidos

**TVI**

0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Otavio Da 1300 News 1410 Top+1530 Ciclismo: Tour of Frande 1630 Film TBA 1645 O Preço Certo 1945 Football: Naval V Benfica 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Docé Fugitiva 0130 Film TBA 0215 Toca A Ganhar 0330 Birth, film TBA 0500 Telesales



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 BB3B. The twins think a UFO has been found. (R) (T) 7.45 The Secret Show. (R) (T) 8.10 Thumb Wrestling Federation: TWF. (R) (T) 8.20 Skunk Ful (R) (T) 8.30 Raven. Six new contestants join the quest. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Fred Dibnah's World of Steam, Steel and Stone. (R) (T) 1.00 Rugby Union. (T) 1.30 EastEnders. (T) 3.30 FILM: We Dive at Dawn (1943). World War Two adventure, starring John Mills. (T) (bw) 5.05 FILM: Zulu Dawn (1979). Historical drama, starring Brut Lancaster. (T) 7.00 Ski Sunday. Highlights from the World Cup meeting in Zagreb-Sljeme, Croatia. Plus Ed Leigh visits the Himalayas to try a relatively untouched part of the snowboarding world. (T) 8.00 Tropic of Capricorn. Simon Reeve travels through Zimbabwe, Mozambique and Madagascar. (T) 9.00 Around the World in 80 Gardens. Horticulturist Monty Don visits the private oasis of Brazilian artist Burle Marx and witnesses the floating gardens of the Amazon while touring the lush vistas of South America. (T) 10.00 George Melly's Last Stand. Candid documentary detailing the last few months of the art critic's life. (T) 11.00 Blue Blood - Storyville. (T) 12.25 The Super League Show. (T) 1.10 FILM: Limbo (1999). Drama, starring Mary Elizabeth Mastrantonio. (T) 3.10 BBC News 24. (T) 4.05 Close.

## Best of the Rest

### BBC3

7.00 Freaky Eaters 8.00 Find Me the Face 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Little Britain 10.00 Phoo Action 11.00 Family Guy 11.25 Family Guy 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Marc Wootton Exposed 12.45 Find Me the Face 1.40 Phoo Action 2.40 Freaky Eaters 3.35 Marc Wootton Exposed 4.05 Close

### BBC4

7.00 Dear Television 7.10 Poldark 8.00 The Cult of Sunday Night 8.30 Doctors to Be: Twenty Years On 9.00 The Jet Stream and Us 10.00 Earth: The Power of the Planet 11.00 The Late Edition 11.30 The Cult of Sunday Night 12.00 The Jet Stream and Us 1.00 Space Odyssey: The Robot Pioneers 1.50 Doctors to Be: Twenty Years On 2.20 The Cult of Sunday Night 2.50 The Jet Stream and Us 3.50 Close

### ITV2

3.15 Coronation Street 5.40 American Idol 7.30 American Idol 8.30 Hey Paula! 9.00 Supernatural 10.00 Film: In the Line of Fire 15 (1993) 12.30 Supernatural 1.30 Dancing on Ice: The Skate Off 2.00 Teleshopping 5.00 ITV2 Nightscreen 6.00 Close

### Sky One

1.00 Crash Test Dummies 2.00 The Dog Whisperer 3.00 Project Catwalk 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 9.30 The Simpsons 9.00 Lost 10.00 Weeds 10.35 Weeds 11.10 Wives 12.10 Road Wars 1.10 Road Wars 2.00 Tenerife Uncovered 2.50 Crash

### The Last Enemy (BBC1, 9pm)

An all-star cast head this complex and absorbing five-part thriller, which begins as Stephen Eazard (Benedict Cumberbatch) returns to the UK to attend his brother Michael's funeral. However, his grief is compounded by the fact he barely recognises the land he grew up in. Biometric identity cards are compulsory, public places are monitored 24/7 and armoured police prowls the streets. What on earth has become of the green and pleasant land? Stephen is about to find out as he bolts to his brother's flat, where he encounters a woman who introduces herself as Yasim (Anamaria Marinca), Michael's wife. She's tending to Nadir, who is mortally ill. When she dies, an already grief-stricken Stephen offers Yasim a shoulder to cry on - and anything else she cares to take. Matters become more sinister the next morning when Michael attends a meeting with a company called Inquiereo, who offer to back Stephen's research as long as he endorses their new super-database, that will essentially give the powers-that-be complete control over checking potential terror suspects. Stephen rightly declines their offer, but in doing so opens a deadly can of worms. Robert Carlyle, Max Beesley, Geraldine James, Eva Birthistle and David Harewood are among the glittering cast.

## C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Barcelona World Race. 7.55 World Cup Skiing. 8.50 T4: The OC. Julie's engagement causes a surprise. (R) (T) 9.50 T4: Hollyoaks. (R) (T) 12.25 T4: Vanity Lair. (T) 1.30 T4: The Hills. (T) 2.00 T4: Friends. (R) (T) 2.35 T4: Smallville. An illegal immigrant asks for Clark's help. (T) 3.35 T4: The Simpsons. (R) (T) 4.05 T4: The Simpsons. (R) (T) 4.40 Terror in Frostbite Canyon. (T) 5.45 Time Team. (T) 6.45 Channel 4 News. (T) 7.00 Our Big Fairtrade Adventure. Three pupils from Cheney Secondary School in Oxford discover the dark side of cheap high-street fashion as they travel through India looking for materials for ethical shirts. (T) 8.00 Wife Swap. An authoritative mother trades places with a permissive housewife. (T) 9.00 FILM: Kingdom of Heaven (2005). Premiere. Historical drama, following a blacksmith's rise to knight-hood and journey to Jerusalem, where tensions between Christian and Muslim factions are poised to boil over into war. Starring Orlando Bloom and Eva Green. (T) 11.45 Alan Carr's Celebrity Ding Dong. (R) (T) 12.35 Smirnoff Experience: Shanghai. (T) 1.05 The Album Chart Show. (R) (T) 1.35 FILM: Women Talking Dirty (1999). Comedy drama, starring Helena Bonham Carter. (T) 3.15 Honeymoon. (R) (T) 3.45 Unreported World. (R) (T) 4.15 Dispatches: The Children Left Behind. (R) (T) 5.10 Countdown. (R) (T)

## MOVIES

### Sky Movies Drama

7.05 True Grit 12 (1969) 9.20 A Fish Called Wanda 15 (1988) 11.25 Oscar Fever 11.45 Walk the Line 12 (2005) With Joaquin Phoenix. 2.15 The English Patient 15 (1996) With Ralph Fiennes. 5.05 Oscar Nominations Special 5.35 Walk the Line 12 (2005) With Joaquin Phoenix. 8.00 The English Patient 15 (1996) With Ralph Fiennes. 10.45 The Usual Suspects 18 (1995) With Gabriel Byrne. 12.35 All the President's Men 15 (1976) With Robert Redford. 2.55 The Usual Suspects 18 (1995) With Gabriel Byrne. 4.45 True Grit 12 (1969)

### Sky Movies Comedy

6.10 He Said, She Said 12 (1991) 8.15 One Fine Day PG (1996) 10.15 Mannequin PG (1987) 12.00 The Holiday 12 (2006) With Cameron Diaz. 2.20 Sliding Doors 15 (1998) With Gwyneth Paltrow. 4.10 Confetti 15 (2006) With Martin Freeman.

6.00 One Fine Day PG (1996) With George Clooney. 8.00 The Holiday 12 (2006) With Cameron Diaz. 10.20 Sliding Doors 15 (1998) With Gwyneth Paltrow. 12.00 Confetti 15 (2006) With Martin Freeman. 1.40 This Year's Love 18 (1999) With Kathy Burke. 3.30 Mannequin PG (1987) 5.05 Honeymoon with Mom 12 (2006)

### Sky Movies Action

6.15 Robin Hood PG (1990) 8.05 Fearless 15 (2006) 10.00 Next of Kin 15 (1989) 12.00 Casino Royale 12 (2006) With Daniel Craig. 2.35 Bullitt 15 (1968) With Steve McQueen. 4.30 Fearless 15 (2006) With Jet Li. 6.15 Jumper Special 6.45 Conspiracy Theory 15 (1997) With Mel Gibson. 9.00 Casino Royale 12 (2006) With Daniel Craig. 11.30 Fire Down Below 18 (1997) With Steven Seagal. 1.20 Death Wish 18 (1974) With Charles Bronson. 3.05 True Romance 18 (1993) 5.10 Volcano: Fire on the Mountain PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.50 Tricky Quikies. (T) 10.00 Championship Goals. (T) 11.00 FILM: Columbo: Ashes to Ashes (1998). Crime drama, starring Peter Falk. (T) 12.50 ITV News and Weather. (T) 1.00 London Today; Weather. (T) 1.05 Midcorer Murders. (R) (T) 3.10 Agatha Christie's Poirot. (R) (T)

5.10 Beat: Life on the Street. The work of police community support officers. (T)

5.40 London Tonight; Weather. (T)

5.55 ITV News and Weather. (T)

6.10 Dancing on Ice. The skaters perform to Sixties music - and barring any broken bones or surprise exits, it's likely that judges' favourites Chris Fountain, Suzanne Shaw and Gareth Gates will still be the ones to watch. The skate-off is at 8.30pm. (T)

7.30 Wild at Heart. When Du Plessis discovers a rare white lion in the bush, the residents of Leopard's Den resolve to keep its existence a secret. Rosie feels guilty about neglecting her relationship with Max to tend to an ailing rookait, and Caroline enlists the girl's help to track down the poachers. Krief's wife Amy (former EastEnders star Jessie Wallace) arrives on the reserve. (T)

8.30 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby preside as the two couples who have gained the least support from the viewers compete to avoid being next to leave the show - with the judges deciding which couple will have skated their last. (T)

9.00 Kingdom. In a watery series finale, rehearsals for the annual summer play at Aunt Auriel's home suffer setbacks from a faulty sprinkler system, and a raging storm floods the streets of Market Shipborough causing chaos and wrecking homes - but Simon sees it as an opportunity to solve his problems, causing more stress to Peter. Elsewhere, Lyle takes up the case of 12-year-old Ellie Lawson, the sole carer of her sick mother and young sister Mia. (T)

10.00 ITV News and Weather; Weather. (T)

10.15 Thank God You're Here. Paul Merton hosts the improvised sketch show as Jessica Hynes, Marcus Brigstocke and John Thomson - none of them strangers to the worlds of acting and comedy - are plunged into a scenario with only the set, its props, a costume and their wits to help them blag their way through. Paul also submits himself to the same treatment in an unknown scene, before awarding this week's trophy to the most deserving guest. Last in series. (R) (T)

11.15 FILM: Hot Shots! Part Deux (1993). Spoof action movie, starring Charlie Sheen. (T)

12.45 FILM: Duel (1971). Suspense thriller, starring Dennis Weaver; (T) ITV News Headlines. 2.00 Dial a Mum. (R) (T) 2.40 Reality Bites. (R) (T) 3.05 Reality Bites. (R) (T) 3.30 People's Court. (R) (T) 4.20 ITV Nightscreen.

## SPORT

### Sky Sports 1

6.00 Live International Cricket. Australia v India. 11.30 Australian Soccer 12.00 FA Cup Special 1.00 Live Rugby Union. London Irish v Leicester Tigers (Kick-off 1.15pm). 3.30 Live FA Cup Football. Preston North End v Portsmouth (Kick-off 4.00pm). 6.30 Australian Soccer 7.00 Live Spanish Football. A La Liga match. 10.00 FA Cup Football 11.30 Australian Soccer 12.00 WWE: Heat 1.00 Live WWE Wrestling. The No Way Out extravaganza from Las Vegas. 4.00 Close

### Sky Sports 2

6.00 Watersports World 7.00 Live Australian Soccer. The A-League Preliminary Final (Kick-off 7.00am). 9.30 Champions League Weekly 10.00 The Sunday Supplement 11.00 Racing News 11.30 Wild Spirits 12.00 Super League 2.00 Australian Soccer 2.30 International Cricket 4.30 Sailing 5.00 Wild Spirits 5.30 International Cricket 7.30 Wild Spirits 8.00 Live NASCAR 12.30 Spanish Football 2.30 FA Cup Football 4.00 Australian Soccer 4.30 Close

### Sky Sports 3

6.00 Live European Tour Golf. The Indonesia Open. 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Watersports World 12.00 World Sport 12.30 Wild Spirits 1.00 European Tour Golf 5.00 WWE: Experience 6.00 Rugby Union 7.30 Spirit of Yachting 8.00 Golf Night 10.00 Watersports World 11.00 WWE:

Late Night - Afterburn 12.00 Golf Night 2.00 Spirit of Yachting 2.30 Rugby Union 4.00 Close

### British Eurosport

7.30 Live 8.00 Biathlon 9.15 Live Alpine Skiing. The World Cup meeting from Zagreb-Sljeme. 10.00 Live Cross-Country Skiing. The World Cup meeting from Liberec. 11.00 Live Biathlon. Coverage of the final day of the World Championships. 11.45 Ski Jumping 12.15 Live Alpine Skiing 1.00 Live MotoGP. The latest official testing session. 1.50 Live Biathlon. The World Championships from Ostersund, Sweden. 3.00 Live Snooker. The Welsh Open final. 4.00 WTA Tennis 5.15 Winterpark Weekend 5.30 Ski Jumping 6.45 Winterpark Weekend 7.05 Live Snooker. The Welsh Open final. 10.00 MotoGP 10.30 GP2 Racing 11.00 French Rugby 11.30 Biathlon 12.00 Winterpark Weekend 12.15 Winterpark Weekend 12.30 Close

### Sky Sports Xtra

6.00 Rugby Union 8.30 Spanish Football 10.00 Rugby Union 12.30 Spirit of Yachting 1.00 Women's Squash 2.00 NFL: Total Access 2.55 U Can Do It 3.00 Watersports World 4.00 Women's Squash 5.00 NFL: Total Access 5.55 U Can Do It 6.00 Watersports World 7.00 Women's Squash 8.00 International Cricket 10.00 Women's Squash 11.00 Spirit of Yachting 11.30 International Cricket 1.30 Women's Squash 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Take a Bow. (R) (T) 3.30 Arthur. (R) (T) 3.55 Shantae the Sheep; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 The Revenge Files of Allstar Fury. (T) 4.35 MI High. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)

7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T) BBC News; Regional News. (T)  
8.00 EastEnders. A desperate Tanya asks Stacey for help, convinced Max will deny having an affair. Dawn, Phil and Jack all make demands on Jase, but he ends up losing his job trying to keep them happy. A devious Clare makes a last vain attempt to lure her current targeted victim before turning her attentions elsewhere. Bradley is keen to move on. (T)

8.30 Panorama. Reporter Tom Heat investigates whether the popularity of bottled water in the UK is a triumph of marketing over common sense. Minister for the environment Phil Woolas urges consumers - who currently spend #2billion each year on the drink - to go back to the tap. (T)

9.00 Life in Cold Blood. David Attenborough examines how lizards colonised the planet, looking at where and why lase monitors lay eggs in Australia and the mating frenzy of the colourful South African flat lizards. In Madagascar the naturalist encounters the smallest chameleon in the world, and in Florida he observes the vibrant display of an anole. Followed by Under the Skin - Family Affairs. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)  
10.35 Damages. Tom and Ellen suspect Patty is trying to control them and conspire to withhold information from her. With Patty's case reliant on Gregory's deposition, she resolves to keep him secure. Drama, starring Glenn Close and Rose Byrne. (T)

11.20 FILM: French Connection II (1975). Thriller, with Gene Hackman; (T) Weatherview.  
1.20 Sign Zone: Wonderland: The End of the World Bus Tour. (R) (T) 2.00 Sign Zone: Attila the Hun. (R) (T) 3.00 Sign Zone: Extreme Pilgrim. (R) (T) 4.00 Sign Zone: Wanted Down Under. (R) (T) 4.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Me Too! (T) 7.20 Get Squiggling. (T) 7.35 Charlie and Lola. (R) (T) 7.50 Take a Bow. (R) (T) 8.00 CBBC: Wild Tales. (T) 8.30 Arthur. (R) (T) 8.45 Dennis the Menace. (T) 9.05 The Sorcerer's Apprentice. (R) (T) 9.35 What's New Scooby-Do? (R) (T) 9.55 Thumb Wrestling Federation: TWF. (R) (T) 10.00 Even Stevens; (R) (T) Diddy Dick & Dom. (R) (T) 10.30 Beat the Boss. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (T) 1.25 FA Cup Sixth Round Draw. Live coverage from Soho Square. (T) 1.30 The People Watchers. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Ben Fogle's Extreme Dreams. (T) 7.00 The Twenties in Colour: The Wonderful World of Albert Kahn. (T) 7.30 Mastermind. Contestants compete for a place in the Grand Final. (T) 8.00 University Challenge. Christ Church College, Oxford, take on the University of Manchester. (T) 8.30 MasterChef. Contestants cook a chicken dish in the first semi-final. (T) 9.00 Paradise or Bust. Environmentalist James Strawbridge gives the island a makeover. Last in series. (T) 10.00 Pulling. Karl tries to kill himself. (T) 10.30 Newsnight; Weather. (T) 11.20 The Dodo's Guide to Surviving Extinction: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

5.55 Grabbit the Rabbit. (R) (T) 6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Freshly Squeezed. (T) 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.15 Without a Trace. (R) (T) 11.05 ER. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 Great British Brands. (R) (T) 1.15 FILM: The Day the Earth Stood Still (1951). Classic sci-fi drama, starring Michael Rennie. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Dispatches: How the Banks Bet Your Money. Private equity financier Jon Moulton explains the effects of the global credit crunch on Britain's banks, arguing that the taxpayer will have to foot the bill. (T) 9.00 The Day of the Kamikaze. The story of the Japanese suicide pilots, featuring archive footage of their wartime attacks and interviews with survivors and relatives of those who died. (T) 10.35 Without a Trace. (T) 11.35 FILM: The Naked Gun: From the Files of Police Squad! (1988). Slapstick crime caper, starring Leslie Nielsen. (T) 1.10 Sex Change Hospital. (R) (T) 2.10 World Cup Skiing. 4.10 FIVB Beach Volleyball. (R) (T) 5.05 Richard & Judy. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.40 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Big School. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.45 Funky Town. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Mary Higgins Clark's Pretend You Don't See Her (2002). Thriller, starring Emma Samms. (R) (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 How Do They Do It? The secrets of the modern golf ball. (T) 8.00 Fifth Gear. Tiff Needell and Jason Patai face off in the new BMW 135i Coupe and the Porsche Cayman. Tom Ford tests the best 4x4s and the Renault Twingo GT goes head to head with the Fiat Panda; (T) 8.00 five news at 9.00 FILM: Kiss of the Dragon (2001). Intelligence officer Jet Li is sent on assignment to Paris - but it's only a matter of hours before he is framed for murder. Brainless martial arts adventure, with Bridget Fonda. (T) 10.55 FILM: The Killer (1989). Acclaimed thriller, with Chow Yun-Fat. Dubbed in English. (T) 1.00 NASCAR. 1.50 US PGA Golf. 2.40 Race and Rally UK. 3.05 Motorsport Mundial. 3.30 Football Italiano Special. (R) 4.20 French Football - Le Championnat. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Doc Martin. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Jo and Andy put on brave faces as their wedding day approaches, while Val and Louise's preparations for the bride-to-be's hen night look to be in vain as Jake's actions put the event in jeopardy. David reassures Nicola that her scheme to murder Donald has his backing, and Sandy's travel plans upset Betty. (T)

7.30 Coronation Street. As Carla struggles to hide her anguish, Tony turns up to give her a cheque and secretly takes her flat keys from her handbag. Alex's presence at the Rovers continues to divide Michelle and her family, and a delighted Jack is asked by Tyrone and Molly to carry on living with them. Elsewhere, David tells Tina she can stay at his house while her mum is away. (T)

8.00 Expats Under Attack: Tonight. (T)  
8.30 Coronation Street. A nervous Carla arms herself before confronting the intruder. Paul discovers the winning betting slip but, when he learns he's not welcome at No 9 any more, decides to keeps quiet about his find. Violet and Jamie consider leaving Weatherfield and Gail is incredulous when Tina and David take over the house. (T)

9.00 The Palace. Eleanor is moved into the palace as a security measure after she and Natalie have a brush with an intruder. Richard finds it increasingly difficult to ask Alice to continue lying for him when the pair pose as lovers to attend Neil's wedding, while Abi's publishers refuse to let her abandon work on the expose. Rupert Evans, Sophie Winkleman and Clemency Burton-Hill star. (T)

10.00 News at Ten and Weather; Weather. (T)  
10.35 FILM: First Blood (1982). Action thriller, starring Sylvester Stallone. (T)

12.00 UEFA Champions League Weekly. (T)  
12.45 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 2.35 Loose Women. (R) 3.25 Make Me Perfect. (R) (T) 4.10 ITV Nightscreen.

LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Diário de 10 Anos? 2230 Prós e Contras 0130 Kissingner and Nixon, film 0400 Telesales 0605 Nós  
**RTP2**  
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Sés 2300 Graus 2330 Bastidores 0030 Noitres 0115 Universidades 0145 Discovery Hour 0245 Diga Lá 0300 Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews  
**SIC**  
0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desejo Proibido 1515 Eterna Magia 1545 Cântico 1800 Sete Pecados 1900 A Ganhar é que a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistirei 0030 CSI Miami 0130 Rescues Me 0330 Quando o Telefone Toca  
**TVI**  
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixame 0200 Toca a Ganhar 0345 Midnight Flight, film 0530 Telesales

Best of the Rest

**BBC3**  
7.00 Dragons' Den 8.00 The Real Hustle 8.30 The Real Hustle Las Vegas 9.00 Being Human 10.00 EastEnders 10.30 Dawn Gets Naked 11.25 Family Guy 11.50 Family Guy 12.15 Being Human 1.10 The Real Hustle Las Vegas 1.40 Dawn Gets Naked 2.35 The Real Hustle 3.05 Find Me the Face 4.05 Close  
**BBC4**  
7.00 World News Today 7.00 Weather 7.30 The Cult of Sunday Night 8.00 The Great British Sunday 9.00 Savile Row 10.00 The Cult of Sunday Night 10.30 Summits 11.30 The Great British Sunday 12.30 Savile Row 1.30 Summits 2.30 The Cult of Sunday Night 3.00 Savile Row 4.00 Close  
**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Harry Hill's TV Burp 8.30 Supermodels: Gone Bad 9.00 Ghosthunting With Coronation Street 11.30 Coronation Street 12.00 Film: Along Came Polly 12.40 (2004) 1.40 Teleshopping 4.40 ITV2 Nightscreen 6.00 Close  
**Sky One**  
1.00 Cold Case 2.00 Las Vegas 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00

Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp in Afghanistan 10.00 Prison Break 11.00 Journeyman 12.00 Road Wars 1.00 Tenerife Uncovered 1.50 The Villa 2.40 Mile High 3.30 Las Vegas 4.20 Dream Team 5.10 Guilty!  
**UKTV Gold**  
1.20 My Family 2.00 My Hero 2.40 Keeping U Appearances 3.20 Film: Carry On Loving PG (1970) 5.00 Doctor Who 6.00 Doctor Who 7.00 Robin Hood 8.00 Film: Spy Kids U (2001) 9.40 My Family 10.50 The Vicar of Dibley 11.30 Only Fools and Horses 12.10 The Royle Family 12.50 I'm Alan Partridge 1.30 Blessed 2.05 Friday Night with Jonathan Ross 3.05 The Bill 3.50 Casualty 4.40 Holby City 5.35 Neighbours  
**TCM**  
1.00 Silver River PG (1948) 3.00 Casablanca U (1942) 4.55 The Power PG (1968) 7.15 Tick Tack PG (1970) 9.00 Fame 15 (1980) 11.20 Ryan's Daughter 15 (1970) 2.30 Teleshopping 2.50 The Yearling U (1948) 5.00 Green Fire U (1954)  
**The Disney Channel**  
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.00 The Bishop's Wife U (1947) 8.50 Witness 15 (1985) 10.45 Tsotsi 15 (2005) 12.25 Lawrence of Arabia PG (1962) With Peter O'Toole. 4.00 Cabaret 15 (1972) With Liza Minnelli. 6.05 Witness 15 (1985) With Harrison Ford. 8.00 Lawrence of Arabia PG (1962) With Peter O'Toole. 11.35 Cabaret 15 (1972) With Liza Minnelli. 1.50 Tsotsi 15 (2005) With Presley Chweneyagae. 3.30 Hustle and Flow 15 (2005) 5.30 The Bishop's Wife U (1947)

Sky Movies Comedy

6.40 Manhattan 15 (1979) 8.20 She's the Man 12 (2006) 10.10 Harold & Kumar Get the Munchies 15 (2005) 11.40 Cheaper By the Dozen 2 PG (2005) With Steve Martin. 1.20 Nacho Libre 12 (2006) With Jack Black. 2.55 Like Mike 2: Streetball PG (2006) With Jascha Washington. 4.35 Michael PG (1996) With John Travolta. 6.25 Cheaper by the Dozen 2 PG (2005) With Steve Martin. 8.00 She's the Man 12 (2006) With Amanda Bynes. 10.00 Nacho Libre 12 (2006) With Jack Black. 11.35 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 1.05 Crazy People 15 (1990) With Dudley Moore. 2.40 Manhattan 15 (1979) With Woody Allen. 4.20 Like Mike 2: Streetball PG (2006)

Sky Movies Action

6.45 The Temp 15 (1993) 8.30 Waist Deep 15 (2006) 10.10 Aeon Flux 15 (2005) 11.50 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.45 Smokin' Aces 18 (2006) With Jeremy Piven. 12.40 Death Wish 3 18 (1985) With Charles Bronson. 2.15 Last Seduction II 18 (1997) With Sean Severance. 4.00 Batman and Robin PG (1997)

(R) - repeat programme;  
(T) - programme with tele-text subtitles;  
(S) - programme broadcast ing stereo;  
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FA Cup Football 10.30 Australian Soccer 11.00 Spanish Football 1.00 FA Cup Football 2.30 Australian Soccer 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Bristol City v Crystal Palace (Kick-off 7.45pm). 10.00 You're on Sky Sports! 11.00 Big League Weekend 12.30 Soccer AM: The Best Bits 1.30 Big League Weekend 3.00 Live International Cricket. India v Sri Lanka.

Sky Sports 2

6.00 NASCAR 10.30 Snow Adventures 11.00 Rugby Union 12.30 Golf Night 2.30 Rugby Union 4.00 Golf Night 6.00 Snow Adventures 6.30 Wild Spirits 7.00 Show Jumping 7.30 World Motor Sport 10.00 Show Jumping 10.30 Max Power 11.30 World Motor Sport 2.00 You're on Sky Sports! 3.00 Close

Sky Sports 3

6.30 Snow Adventures 7.00 WWE: Bottom Line 8.00 WWE: Afterburn 9.00 Golf Night 11.00 Racing News 11.30 Aerobics Oz Style 12.00 WWE: Afterburn 1.00 WWE: Heat 2.00 WWE: Experience 3.00 WWE: Bottom Line 4.00 WWE: Heat 5.00 WWE: Raw 7.00 WWE:

Smackdown 9.00 WWE Wrestling 12.00 Bass Fishing 1.00 Thinking Tackle 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Winterpark Weekend 7.45 Winterpark Weekend 8.00 Biathlon 9.00 Biathlon 10.00 MotoGP 10.50 Snooker 12.00 Ski Jumping 1.00 Biathlon 2.00 Biathlon 3.00 Trial Bikes 4.00 MotoGP 4.50 euroCRASH! 5.00 Road to Euro 2008 5.30 Eurogoals 6.15 Strongest Man 7.15 Trial Bikes 8.15 GP2 Racing 9.15 MotoGP 10.05 Eurogoals 10.50 Snooker 12.00 Road to Euro 2008 12.30 Close

Sky Sports Xtra

11.00 Spirit of Yachting 11.30 NASCAR 4.00 Snow Adventures 4.30 Bass Fishing 5.30 Thinking Tackle 6.30 Cricket 7.30 Snow Adventures 8.00 Bass Fishing 9.00 Thinking Tackle 10.00 Cricket 11.00 Snow Adventures 11.30 Triathlon 1.00 Snow Adventures 1.30 Show Jumping 2.00 Wild Spirits 2.30 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Take a Bow. (R) (T) 3.30 Shaun the Sheep. (R) (T) 3.35 Prank Patrol. (R) (T) 4.05 Thumb Wrestling Federation: TWF. (R) (T) 4.10 Best of Friends. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (T)  
6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)  
7.30 EastEnders. Shabnam causes a domestic disaster, forcing the Masoods to take refuge at the Millers' house. Jack suspects Phil of trashing his flat, and Clare puts her plan into action; (T) BBC News; Regional News. (T)

8.00 Holby City. Joseph returns following his brother's death to find Jac on trial as Sam's replacement, something neither he nor Connie is happy about. Stuart's departure tests Kyla's sobriety and forces Mark to deal with her dependence on alcohol. Sam refuses to concede to the unpleasant side-effects of chemotherapy, determining to work through the pain despite his struggles and the advice of colleagues. (T)

9.00 Hotel Babylon. New series of the glossy drama, starring Max Beesley as recently promoted General Manager Charlie, who is about to discover that being the boss means making some unpopular decisions. Meanwhile, Tony is tempted by a female guest, a journalist asks the staff some awkward questions, and Anna sets out to expose a fashion company's use of sweatshop labour. Paula Abdul and Lee Sharpe guest star. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)  
10.35 Imagine. (T)

11.25 Film 2008 with Jonathan Ross. Reviews of Sylvester Stallone's return to the role of Rambo after an interval of 20 years, and Jack Black's comedy Be Kind Rewind, and a man forced to shoot inexpensive movie remakes when he accidentally erases a shop's entire video collection. Plus, the final look ahead to this weekend's Oscar ceremony. (T)

11.55 FILM: Steal (2002). Crime thriller, starring Stephen Dorff. (T) Weatherview.

1.15 Sign Show. See Hear. (R) (T) 1.45 Sign Show: Natural World. (R) (T) 2.35 Sign Show: Ben's Zoo. (R) (T) 3.35 Sign Show: Wanted Down Under. (R) (T) 4.20 BBC News 24.



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 Me Too! (R) (T) 7.20 Get Squiggling. (T) 7.35 Charlie and Lola. (R) (T) 7.50 Take a Bow. (R) (T) 8.00 CBBC: Wild Tales. (T) 8.30 Arthur. (R) (T) 8.45 Dennis the Menace. (R) (T) 9.05 The Sorcerer's Apprentice. (R) (T) 9.35 What's New Scooby-Doo? (R) (T) 9.55 Thumb Wrestling Federation: TWF. (R) (T) 10.00 Even Stevens. (R) (T) Diddy Dick & Dom. (R) (T) 10.30 Beat the Boss. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 The People Watchers. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Ben Fogle's Extreme Dreams. (T) 7.00 Girl Racer: This World. New series. Opportunities available to women living in Iran. (T) 7.30 Wainwright Walks. Julia Bradbury scales two of the highest peaks in the Lakes. (T) 8.00 An Island Parish. Bishop Bill's advice lifts Father Guy's spirits. (T) 8.30 MasterChef. The semi-finalists cook at Luton and Dunstable Hospital. (T) 9.00 Horizon. Researching the scientific secrets of longevity. (T) 9.50 Coast. Mark Horton is on the Isles of Scilly. (T) 10.00 Mock the Week Again. With Ed Byrne and Alun Cochrane. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Paradise or Bust. (R) (T) 12.20 BBC News 24. (T) 12.20 BBC Learning Zone. (T)

## Pick of the Day

**The Girl with 8 Limbs: A Bodyshock Special (C4, 9pm)**

Despite its title, this programme is one of the more profound entries of the documentary series. It follows the story of two-year-old Lakshmi Tatma, who was born with her twin sister fused to her body. The other baby did not develop properly in the womb, but remained attached to Lakshmi's lower body. It resulted in the pair being born joined at the pelvis. While we may regard the little girl with a variety of emotions, to her mother, Poonam, the little girl was a miracle. However, Poonam knew her daughter wouldn't be able to have a normal life, and so went to countless hospitals for help, before meeting Dr Sharan Patil. He led the surgery at the country's Narayana Health City, in Bangalore, and said of the extraordinary patient: "Fortunately, Lakshmi has one complete body with a near perfect set of organs. What is highly unusual in Lakshmi's case is precisely how her bodies are fused, almost mirroring each other." Could he and his team separate the girl from her twin and give her the chance to lead a normal life?

## C4

6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.15 Without a Trace. (R) (T) 11.05 ER. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 A Brief History of Fun. (R) (T) 1.20 FILM: City Under the Sea (1965). Adventure, starring Tab Hunter. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Supersize vs Superskinny. A mother worried her poor diet is influencing her son's eating habits. (T) 9.00 The Girl with 8 Limbs: A Bodyshock Special. The story of Lakshmi Tatma, the Indian girl born with one of the world's rarest conditions - the arms and legs of a half-formed conjoined twin - as preparations are made to operate. (T) 10.00 Shameless. A chance encounter on the bus brings the possibility of romance for Frank. Debbie hits on a scheme to make money by renting out rooms to American students. (T) 11.05 Baby Bible Bashers. (R) (T) 12.10 Late Night Poker. 1.10 Barcelona World Race. (R) 1.35 World Cup Skiing. 3.35 KOTV. (T) 4.00 Red Bull Air Race 2007. (R) (T) 5.00 Richard & Judy. (R)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (T) 7.00 Miss Spider's Sunny Patch Friends. (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Ebb and Flo. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.15 Big School. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.45 Funky Town. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.05 FILM: A Perry Mason Mystery: The Case of the Wicked Wives (1993). Crime drama, starring Paul Sorvino. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Extraordinary Animals. The unique abilities of Rio the sea lion; (R) (T) 7.30 five news update. 8.00 The Bearman. After 12 years studying black bears and having hand-reared more than 50 cubs in woods near his New Hampshire home, Ben Kilham debunks the myth that the creatures are anything but sociable; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. A girl plunges to her death. (T) 10.00 CSI: Miami. A driver is decapitated while performing a stunt; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. 3.30 Football Italiano. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Jo and Andy's wedding day arrives, and Laurel and Jack try to make it a very special occasion. The couple's happiness proves short-lived however and Jo's woes mount when an intruder enters Butler's Farm. Jasmine seeks a second job in order to pay her rent and Bob asks Viv to employ Mel at the shop. (T)

7.30 UEFA Champions League Live. Liverpool v Inter Milan (Kick-off 7.45pm). This evening's last-16 first-leg encounter comes from Anfield, where the Reds face an almighty test against the Italian champions. (T)

10.00 News at Ten and Weather; Weather. (T) 10.40 UEFA Champions League Highlights. Action from the first legs of this evening's last-16 ties, including Olympiakos against Chelsea at the Karaiskakis Stadium and Liverpool's match with Inter Milan at Anfield. The Blues are strong favourites to progress through to the quarter-finals and can give their chances a huge boost by scoring an away goal against the Greek champions, while the Reds will need to use all of their European experience to take a lead into the return leg at the San Siro. (T)

11.40 London Talking.  
12.35 Soundtrack to My Life. (R) 1.00 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 1.50 Loose Women. (R) (T) The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

## LOCAL

**RTP1**

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1.15 Prova de Amor 1515  
Portugal No Coração 1800  
Portugal em Directo 1905  
News 1945 Football: FC  
Schalke V FC Porto 2100  
Sabe Mais Do Que um Miúdo  
de 10 Anos? 0000 Predator  
2, film 0200 Trio D Ataque  
0400 Teleasles 0605 Nós

**RTP2**

0700 Euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Da Terra  
Ao Mar 1600 National  
Geographic 1700 Zig Zag  
1830 A Fé Dos Homens 1900  
2010 1945 Zig Zag 2045  
Freinds 2110 National  
geographic 2200 News 2200  
Greys Anatomy 2300 Sempre  
em Pé 0040 Noites da 2  
0115Universidades 0145 Hora  
Discovery 0245 camara Ciaa  
0355 2010 0535 Sociedade  
Civil 0605 Euronews

**SIC**

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Desajo Proibido 1415 Eterna  
Magia 1515 Contacto 1800  
Segu Pecos 1900 A Ganhar  
e Que Agente Se Entende  
2000 News 2110 Os Malucos  
do Riso 2230 Duas Caras  
2330 Resitireli 0030 Entre  
Vidas 0130 Rescure Me 0230  
Quando o Telefone Toca

**TVI**

0700 Diário Da Manha 1000  
Você na TV 1300 News 1400  
As Tardes da Júlia 1700  
Quem Quer Ganha 1800  
Morangos com Açúcar 2130  
News 2215 Doce Fugitiva  
0345 The Cavemans  
Valentine, film

## Best of the Rest

**BBC3**

7.00 Dog Borstal 8.00 Find  
Me the Face 9.00 The Real  
Hustle Las Vegas 9.30  
Bizarre ER 10.00  
EastEnders 10.30 Lily  
Allen and Friends 11.15  
Family Guy 11.40 Family  
Guy 12.00 Find Me the  
Face 1.00 The Real Hustle  
Las Vegas 1.30 Lily Allen  
and Friends 2.15 Bizarre  
ER 2.45 Dog Borstal 3.45  
Close

**BBC4**

7.00 World News Today  
7.00 Weather 7.30 Pop Go  
the Sixties 7.35 Batman  
8.00 Around the World in  
80 Treasures 9.00  
Goodness Gracious Me  
9.30 The Armstrong & Miller  
Show 10.00 Citizen Smith  
10.30 Very Russian  
Geniuses: Storyville 12.00  
BBC Four World Cinema  
Awards 2008 1.00 Citizen  
Smith 1.30 Proms on Four  
2007 4.05 Close

**ITV2**

1.00 Emmerdale 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45  
Ricki Lake 4.30 Sally Jessy  
Raphael 5.20 The Montell  
Williams Show 6.05 Judge  
Judy 7.00 Smallville 8.00  
No Place Like Home? 9.00  
Film: Alone Came Polly 12  
(2004) 10.45 Film: The  
Truth About Charlie 12  
(2002) 12.40 The Office:  
An American Workplace  
1.10 Harry Hill's TV Burp  
1.40 Teleshopping 4.40  
ITV2 Nightscreen 6.00  
Close

**Sky One**

1.00 Cold Case 2.00 Las  
Vegas 3.00 Stargate SG-1

4.00 Stargate SG-1 5.00

Are You Smarter Than a 10  
Year Old? 6.00 Futurama  
6.30 Malcolm in the Middle  
7.00 The Simpsons 7.30  
The Simpsons 8.00  
Stargate Atlantis 9.00 Lost  
10.00 Cold Case 11.00  
Ross Kemp in Afghanistan  
12.00 Road Wars 1.00  
Tenerife Uncovered 1.50  
The Villa 2.40 Mile High  
3.30 Las Vegas 4.20 Dream  
Team 5.10 Guilty!

**UKTV Gold**

1.20 My Family 2.00 My  
Hero 2.40 Keeping Up  
Appearances 3.20 Film:  
Carry On Henry PG (1971)  
5.00 Doctor Who 6.00  
Doctor Who 7.00 Robin  
Hood 8.00 Film: Spy Kids  
2: Island of Lost Dreams U  
(2002) 9.55 Only Fools and  
Horses 10.30 The Royle  
Family 11.10 I'm Alan  
Partridge 11.50 Only Fools  
and Horses 12.30 The  
Royle Family 1.10 I'm Alan  
Partridge 1.50 In Justice  
2.35 The Bill 3.25 Casualty  
4.15 Neighbours 4.40 Holby  
City 5.35 Neighbours

**TCM**

1.00 The Mayor of  
Casterbridge 3.00 Gigi PG  
(1958) 5.05 The 25th Hour  
PG (1967) 7.10 Elvis:  
That's the Way It Is PG  
(1970) 9.00 Blazing  
Saddles 15 (1974) 10.40  
Coma 15 (1978) 12.45  
Ransom PG (1956) 2.30  
Teleshopping 2.45 Yankee  
Doodle Dandy U (1942) 5.00  
Your Cheatin' Heart U  
(1964)

**The Disney Channel**

Kids' programmes from  
7am, except:

## MOVIES

### Sky Movies Drama

7.20 West Side Story PG  
(1961) 10.05 Oscar Feger  
10.25 Top Gun 12 (1986)  
12.25 Saving Private Ryan  
15 (1998) With Tom Hanks.  
3.25 The Sea Inside PG (2004)  
With Javier Bardem. 5.40  
Oscar Favier 6.00 Top Gun 12  
(1986) With Tom Cruise. 8.00  
Saving Private Ryan 15  
(1998) With Tom Hanks. 10.50  
West Side Story PG (1961)  
With Natalie Wood. 1.25 The  
Sea Inside PG (2004) With  
Javier Bardem. 3.30 Midnight  
Express 18 (1978) 5.35 The  
Sea Inside PG (2004)

### Sky Movies Comedy

6.00 Sgt Bilko PG (1996) 7.40  
Family Close Up 8.10 Yours,  
Mine & Ours PG (2005) 9.45  
Just Friends 12 (2005) 11.30  
Comedy Close Up 12.00 The  
Waterboy 12 (1998) With  
Adam Sandler. 1.35 Fun with  
Dick and Jane 12 (2005) With  
Jim Carrey. 3.10 Christmas  
in Boston PG (2005) With  
Maria Sokoloff. 4.45 The  
Wedding Singer 12 (1998) With  
Adam Sandler. 6.25 Yours,  
Mine & Ours PG (2005) With

Dennis Quaid. 8.00 Fun with  
Dick and Jane 12 (2005) With  
Jim Carrey. 9.35 The  
Waterboy 12 (1998) With  
Adam Sandler. 11.15 The  
Wedding Singer 12 (1998) With  
Adam Sandler. 12.55 Shooting  
Fish 12 (1997) With Dan  
Futterman. 2.50 Just Friends  
12 (2005) With Ryan  
Reynolds. 4.30 Christmas in  
Boston PG (2005)

### Sky Movies Action

6.10 Tristan and Isolde 12  
(2005) 8.20 Munich 15 (2005)  
11.05 The House Next Door  
12 (2006) With Lara Flynn  
Boyle. 12.40 Tristan and  
Isolde 12 (2005) With James  
Franco. 2.50 Munich 15 (2005)  
With Eric Bana. 5.35 X-Men:  
The Last Stand 12 (2006) With  
Hugh Jackman. 7.25 The  
House Next Door 12 (2006)  
With Lara Flynn Boyle. 9.00  
X-Men: The Last Stand 12  
(2006) With Hugh Jackman.  
10.50 Blow Out 18 (1981) With  
John Travolta. 12.40 Internal  
Affairs 18 (1990) With Richard  
Gere. 2.40 Death Wish IV:  
The Crackdown 18 (1987)  
With Charles Bronson. 4.25  
Angel Flight Down PG (1996)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

## SPORT

### Sky Sports 1

6.00 Live International  
Cricket. India v Sri Lanka.  
11.30 Sky Sports Classics  
12.00 Big League Weekend  
1.30 International Cricket  
3.30 Wild Spirits 4.00 Big  
League Weekend 5.30  
International Cricket 7.00  
Soccer Special 10.00 Live  
International Cricket. New  
Zealand v England.

### Sky Sports 2

6.00 Good Morning Sports  
Fans 9.00 Big League  
Weekend 10.30 World Motor  
Sport 1.00 Soccer AM: The  
Best Bits 2.00 UEFA  
Champions League 2.30  
UEFA Champions League  
3.00 UEFA Champions  
League 3.30 UEFA  
Champions League 4.00  
UEFA Champions League  
4.30 UEFA Champions  
League 5.00 UEFA  
Champions League 5.30  
UEFA Champions League  
6.00 Revista De La Liga 7.00  
Live UEFA Champions  
League. AS Roma v Real  
Madrid (Kick-off 7.45pm).  
10.15 Revista De La Liga  
11.15 A-League 11.45 Sports  
Unlimited 12.45 Revista De  
La Liga 1.45 A-League 2.15  
Sky Sports Classics 2.30  
Close

### Sky Sports 3

6.00 Aerobics Oz Style 6.30  
Snow Adventures 7.00  
Aerobics Oz Style 7.30 Snow  
Adventures 8.00 Wild Spirits  
8.30 Sports Adventure 9.00  
Bass Fishing 10.00 Thinking

Tackle 11.00 Racing News

11.30 Sports Adventure  
12.00 Show Jumping 12.30  
Wild Spirits 1.00 NFL: Total  
Access 1.55 U Can Do It  
2.00 World Motor Sport 4.30  
Show Jumping 5.00 NFL: Total  
Access 5.55 U Can Do It  
6.00 Sports Unlimited 7.00  
Pool 8.00 International  
Cricket 10.00 Poker 12.00  
NFL: Total Access 12.55 U  
Can Do It 1.00 Pool 2.00  
Close

### British Eurosport

7.30 Road to Euro 2008 8.00  
UEFA Champions League  
9.00 WATTS 9.15 UEFA  
Champions League 10.30  
WATTS 10.45 UEFA  
Champions League 11.45  
Eurogoals 12.30 Live WTA  
Tennis. The Qatar Total  
Open. 5.00 Eurogoals 5.15  
Live WTA Tennis. The Qatar  
Total Open. 6.00 WATTS  
6.15 Eurogoals 7.00 Boxing  
8.00 Live Boxing. Ismael El  
Massoudi v Abdoulaye  
Soukouna. 10.00 World  
Touring Car Championship  
10.30 MotoGP 11.00 GP2  
Racing 12.00 euroCRASH!  
12.30 Close

### Sky Sports Xtra

4.00 Snow Adventures 4.30  
Aerobics Oz Style 5.00  
Sports Adventure 5.30 360  
Series 6.00 Snow Adventures  
6.30 Cricket 7.30 Live UEFA  
Champions League. Schalke  
04 v FC Porto (Kick-off  
7.45pm). 10.00 Cricket 11.00  
Snow Adventures 11.30 360  
Series 12.00 Race World 1.00  
Snow Adventures 1.30 360  
Series 2.00 Close

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See page 22



## BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Take a Bow. (R) (T) 3.30 What's New Scooby-Doo? (R) (T) 3.50 Shaun the Sheep. (R) (T) 4.05 Thumb Wrestling Federation: TWF. (R) (T) 4.10 Whizz Whizz Bang Bang. (R) (T) 4.35 Blue Peter. (R) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)  
7.30 My Family. Susan's community spirit prompts her to stand for the council, but the heady combination of his wife's political ambitions and Michael's new pet makes Ben more irritable than ever. Comedy, starring Robert Lindsay, Zoe Wanamaker and Gabriel Thomson; (R) (T) BBC News; Regional News. (T)

8.00 Sky Cops. The South Yorkshire "sky cops" are drafted in to crack down on teenage motorcyclists. The youngsters ride stolen and borrowed bikes, often without helmets, and defy officers to chase them. However, these trouble-makers are unprepared for the surprises that lie in store. Narrated by Jamie Theakston. (R) (T)

9.00 Crimewatch. Kirsty Young appeals for information on the murder of 17-year-old Shafiea Ahmed and a fire in a packed Newquay hotel. Plus, the latest on the Millie Dowler investigation. With DC Rav Wilding and Matthew Armolwala. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Crimewatch Update. Viewers' responses to the programme shown earlier. (T)

10.45 The National Lottery Draws. Bradley Walsh sets the balls rolling to decide the all-important numbers. (T)

10.50 Inside Sport Being Special. Gabby Logan presents from the venue of this year's Olympics and Paralympics, where she is joined by Matthew Pinsent and Tanni Grey-Thompson. With less than six months until the Games get under way, the team look at how issues such as pollution and drug testing are being dealt with and interview some of Britain's main medal hopes. A new series of Inside Sport begins on Monday February 25; (T) National Lottery Update. (T)

11.35 FILM: A Night on the Town (1987). Comedy drama, starring Elisabeth Shue; (T) Weatherview.

1.15 Sign Zone: Antiques Roadshow. (R) (T) 2.15 Sign Zone: Britain's Favourite Fakes. (R) (T) 2.45 Sign Zone: Wanted Down Under. (R) (T) 3.30 BBC News 24.



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T)  
6.30 Teletubbies: (R) (T) Tweenies Songtime. (R) (T) 7.00 Me Too! (R) (T) 7.20 Get Squiggling. (T) 7.35 Charlie and Lola. (R) (T) 7.50 Take a Bow. (R) (T) 8.00 CBBC: Wild Tales. (T) 8.30 Arthur. (R) (T) 8.45 Dennis the Menace. (R) (T) 9.05 The Sorcerer's Apprentice. (R) (T) 9.35 What's New Scooby-Doo? (R) (T) 9.55 Thumb Wrestling Federation: TWF. (R) (T) 10.00 Even Stevens; (R) (T) Diddy Dick & Dom. (R) (T) 10.30 Beat the Boss. (R) (T) 11.00 Animal Park. (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 The People Watchers. (T) 2.45 Lifeline. (R) (T) 2.55 Coast. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Ben Fogle's Extreme Dreams. (T) 7.00 Around the World in 80 Gardens. Monty Don visits the private oasis of artist Burle Marx. (R) (T) 8.00 Bill Oddie's Wild Side. Observing the corncrake. (T) 8.30 MasterChef. Four semi-finalists compete. (T) 9.00 Torchwood. Jack enlists the help of Martha Jones. (T) 9.50 Torchwood Declassified. With Freema Agyeman and Burn Gorman. (T) 10.00 Freezing. New comedy series, starring Hugh Bonneville and Elizabeth McGovern. Continues tomorrow. (T) 10.30 Newsnight; Weather. (T) 11.20 Desi DNA. (T) 11.50 Indian School: BBC Four on Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

## Pick of the Day

The Brit Awards 2008 (ITV1 Granada, 8pm)

Who better to lend some credibility to this year's Brit Awards than a rock legend and a prominent music manager? Ozzy and Sharon Osbourne take up presenting duties as the annual ceremony, celebrating the best of British pop music, returns to the Earls Court Exhibition Centre in London. Looking back on past years, the event has become synonymous with embarrassing mishaps along with a healthy dose of celebrity gaffes, confrontations and misbehaviour, such as Jarvis Cocker's stage invasion during a controversial Michael Jackson performance and Chumbawamba throwing a bucket of water over cabinet minister John Prescott. However, Sharon, at least, has carved a name for putting up with no nonsense as a judge on The X Factor, so one can expect she'll be more than capable of keeping any rowdy celebrities in line. A diverse range of artists, including Kylie Minogue, Mika, Rihanna, the Klaxons, Kaiser Chiefs, Leona Lewis and Mark Ronson are among those taking to the stage, while music legend Paul McCartney, winner in the category of Outstanding Contribution to Music, is set to conclude the evening with a career-spanning performance.

## C4

6.00 Making It. (R) 6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.15 Without a Trace. (R) (T) 11.05 ER. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 FILM: First Men in the Moon (1964). Sci-fi fantasy, starring Edward Judd. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Relocation, Relocation. Revisiting a couple who moved from Brighton to France. (T) 9.00 Grand Designs. A couple build a modernist home a mile from Bath, opting for an environmentally friendly German prefabricated kit house in the biggest ground works project the programme has seen. (T) 10.00 Ramsay's Kitchen Nightmares USA. The chef comes to the aid of Lela's, a California restaurant that's on the brink of closure thanks to an inexperienced owner and arrogant chef. (T) 11.05 Shameless. (R) (T) 12.05 Modern Toss. (T) 12.35 Love Trap. (R) (T) 1.35 The Kidnapping of Elizabeth Smart. (R) (T) 3.05 Flood. (R) (T) 3.20 Our Big Fairtrade Adventure. (R) (T) 4.20 Richard & Judy. (R) 5.20 Countdown. (R) (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and the Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and his Best Friend Corky. (R) (T) 7.40 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Big School. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.45 Funky Town. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: To Live For (1999). Romantic drama, starring Nancy Travis. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 It Pays to Watch. Colin McAllister and Justin Ryan guest. (T) 8.00 Ice Road Truckers. A fuel tanker overturns. Continues Friday; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Boys Joined at the Head. New series. An operation to separate conjoined twins. (T) 10.00 FILM: Bloodsport (1988). Talented martial arts expert Jean-Claude Van Damme takes part in a deadly fighting tournament, where the last man standing wins the day. High-kicking adventure, with Donald Gibb. Includes five news update at 10.55. (T) 11.55 Poker Den: The Big Game II. 1.25 NHL Ice Hockey. 4.00 Supercross. 4.20 Dubai X Games. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

## LOCAL

### RTP1

0630 Bom dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1515  
Portugal no Coração 1800  
Portugal em directo 1905 O  
Preço Certo 2000 News 0015  
Blade II, film 0400 Teleales  
0605 N6s

### RTP2

0700 euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Da Terra  
ao Mar 1615 National  
Geographic 1700 Zig Zag 1830  
A Fé dos Homens 1900  
Biosfera 1945 Zig Zag 2045  
Friends 2115 National  
Geographic 2200 News 2240  
The Nine 2330 Clube de  
Imprensa 0030 Noites 0145  
Discovery Hour 0245  
Bastidores 03115 Biosfera  
0400 Sociedade Civil 0500  
Euronews

### SIC

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Desejo Proibido 1500 Eterna  
Magia 1530 Contacto 1800  
Sete Pecados 1900 A Ganhar  
é que A Gente se Entende  
2000 News 2045 Sporting V  
Basileia 2215 Duas Caras  
2330 Resitirei 0030 CSI Miami  
0130 Rescue Me 0230 Quando  
O telefone Toca

### TVI

0700 Diário Da Manhã 1000  
Vozes na TV 1300 News 1400  
As Tardes da Júlia 1700 Que  
Quer Ganha 1800 Morangos  
com Açúcar - Férias de Verão  
2000 News 2115 Ilha dos  
Amores 2215 Doce Fugitiva  
2315 Tu e Eu 0015 Film TBA  
0230 Toca a Ganhar 0345 TVI  
Negócios 0400 O Portector  
IV 0500 Teleales

## Best of the Rest

### BBC3

7.00 Find Me the Face 8.00  
Don't Tell the Bride 9.00  
Freaky Eaters 10.00  
Torchwood 10.50 Being  
Human 11.50 Family Guy  
12.15 Family Guy 12.35 Two  
Pints of Lager and a Packet  
of Crisps 1.05 Freaky Eaters  
2.00 Being Human 3.00 Find  
Me the Face 3.55 Don't Tell  
the Bride 4.55 Close

### BBC4

7.00 World News Today 7.00  
Weather 7.30 Pop Go the  
Sixties 7.35 Batman 8.00  
Monarchy: The Royal Family  
at Work 9.30 The Jet Stream  
and Us 10.30 The Late  
Edition Live 11.00 The Art of  
Spain 12.00 Mark Lawson  
Talks to Russell T Davies  
1.00 The Late Edition 1.30  
The Art of Spain 2.30 The  
Jet Stream and Us 3.30 The  
Late Edition 4.00 Close

### ITV2

1.00 Airline USA 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45 Ricki  
Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judge  
Judy 7.00 The Brits Red  
Carpet 2008 8.00 Coleen's  
Real Women 9.00  
Supernatural 10.00 The Brits  
Encore 2008 11.00 The Kylie  
Show 12.05 Coronation  
Street 12.35 Ghosting  
With Coronation Street 2.25  
Teleshopping 5.25. ITV2  
Nightscreen 6.00 Close

### Sky One

1.00 Cold Case 2.00 Las  
Vegas 3.00 Stargate SG-1  
4.00 Stargate SG-1 5.00 Are  
You Smarter Than a 10 Year  
Old? 6.00 Futurama 6.30

Malcolm in the Middle 7.00  
The Simpsons 7.30 Live  
UEFA Champions League  
10.00 Nothing but the Truth  
11.00 Law & Order 12.00  
Road Wars 1.00 Caribbean  
Uncovered 1.50 The Villa  
2.40 Mile High 3.30 Las  
Vegas 4.20 Dream Team 5.10  
Guilty!

### UKTV Gold

1.20 My Family 2.00 My Hero  
2.40 Keeping Up  
Appearances 3.20 Film:  
Carry On Girls PG (1973)  
5.00 Doctor Who 6.00 Doctor  
Who 7.00 Robin Hood 8.00  
Waterloo Road 9.20 Jekyll  
10.30 Only Fools and Horses  
12.15 Porridge 12.55 Jekyll  
2.05 In Justice 2.50 As Time  
Goes By 3.20 Casualty 4.10  
Holby City 5.05 Close Up  
5.15 Neighbours 5.35  
Neighbours

### TCM

1.00 The Barretts of Wimpole  
Street U (1934) 3.00 The  
Treasure of the Sierra Madre  
PG (1948) 5.15 Captain  
Nemo and the Underwater  
City U (1969) 7.10 Skyjacked  
PG (1972) 9.00 Cool Hand  
Luke 1.15 (1967) 11.20 The  
Fearless Vampire Killers 12  
(1972) 1.15 Elvis on Tour PG  
(1972) 2.45 Teleshopping  
3.00 Nora Prentiss PG (1947)  
5.00 The Little Hut PG (1957)

### The Disney Channel

Kids' programmes from 7am,  
except:

Visit the paper  
online  
[www.the-news.net](http://www.the-news.net)

## MOVIES

### Sky Movies Drama

7.55 Breakfast at Tiffany's PG  
(1961) 9.55 Marie Antoinette  
12 (2005) 12.15 Drama Close  
Up 12.45 Tsotsi 15 (2005) With  
Presley Chweneyagae. 2.35  
Breakfast at Tiffany's PG  
(1961) With Audrey Hepburn.  
4.04 Oscar Nominations Special  
5.10 Marie Antoinette 12 (2005)  
With Kirsten Dunst. 7.30 Oscar  
Nominations Special 8.00  
Rocky PG (1976) With  
Sylvester Stallone. 10.00 The  
Departed 18 (2006) With Jack  
Nicholson. 12.35 Tsotsi 15  
(2005) With Presley  
Chweneyagae. 2.20 The  
Departed 18 (2006) With Jack  
Nicholson. 5.00 The Top 10  
Show 5.20 Rocky PG (1976)

### Sky Movies Comedy

6.00 Drop Dead Fred 15 (1991)  
7.45 Stir Crazy 15 (1980) 9.45  
Just Like Heaven PG (2005)  
11.25 Police Academy 6: City  
Under Siege PG (1989) With  
Bubba Smith. 12.55 You've Got  
Mail PG (1998) With Tom Hanks.  
2.55 You, Me and Dupree 12  
(2006) With Owen Wilson. 4.50  
Police Academy 8: City Under  
Siege PG (1989) With Bubba

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Smith. 6.20 Just Like Heaven  
PG (2005) With Reese  
Witherspoon. 8.00 You, Me  
and Dupree 12 (2006) With  
Owen Wilson. 10.00 You've  
Got Mail PG (1998) With Tom  
Hanks. 12.00 Stir Crazy 15  
(1980) With Gene Wilder. 1.55  
The Top 10 Show 2.10 The  
Butcher's Wife 15 (1991) With  
Demi Moore. 4.00 Two Much  
PG (1996)

### Sky Movies Action

6.10 The Legend of Butch and  
Sundance PG (2004) 7.50  
Eddie Macon's Run 15 (1983)  
9.40 Doom 15 (2005) 11.40  
Cry-Wolf 15 (2005) With Lindy  
Booth. 1.25 Rush Hour 12  
(1998) With Jackie Chan. 3.25  
Eddie Macon's Run 15 (1983)  
With John Schneider. 5.15 Cry-  
Wolf 15 (2005) With Lindy  
Booth. 7.00 Firewall 12 (2006)  
With Harrison Ford. 9.00 Rush  
Hour 12 (1998) With Jackie  
Chan. 10.45 Doom 15 (2005)  
With The Rock. 12.45 Death  
Wish V: The Face of Death 18  
(1994) With Charles Bronson.  
2.30 Silent Rage 18 (1982)  
With Chuck Norris. 4.25 The  
Legend of Butch and Sundance  
PG (2004)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The  
Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30  
Loose Women. (T) 1.30 ITV Lunchtime News. (T)  
2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan  
Titchmarsh Show. (T) 3.30 The Royal Today. (T)  
3.59 London Weather. (T) 4.00 Rosemary & Thyme.  
(R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show  
in which four contestants enter a game of  
truth and bluff to find the jackpot hidden  
inside one of a set of Golden Balls. The two  
surviving players face the choice of split-  
ting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Bob stands up to Viv by refus-  
ing to work on his day off and tells her to hire  
Mel - prompting his wife to consider her  
options. Jo tries to obtain permission to visit  
Andy, while Jake accuses her of sleeping  
with Charlie. Sandy is upset when a visiting  
friend fills up with Betty. (T)

7.30 Coronation Street. Paul collects the win-  
nings from Jack's bet and pays Dan #1,000  
to stay quiet. Jamie and Violet decide to  
keep their move a secret from Sean and,  
when the newweds return from their hone-  
ymoon, Carla refrains from telling Liam  
she's back with Tony. Elsewhere, Gail is  
furious with David for not consulting her  
about Tina moving in. (T)

8.00 The Brit Awards 2008. Star-studded  
awards ceremony, presented live from  
London by the entire Osbourne family.  
Kylie Minogue, Mika, Rihanna, the Klax-  
ons, the Kaiser Chiefs, Mark Ronson  
and Leona Lewis are among the acts  
performing, and the evening concludes  
with a career-spanning set by Paul  
McCartney, winner in the Outstanding  
Contribution to Music category. (T)

10.00 News at Ten and Weather; Weather. (T)  
10.35 Real Crime: The Caroline Dickinson  
Murder. How a chance breakthrough  
helped police catch Francisco Montes,  
who raped and killed the 13-year-old  
British girl at a French youth hostel  
during a school trip in 1996. It was an  
article in the Sunday Times, seen by a  
US customs officer who was visiting the  
UK, that provided detectives with the  
lead they needed, finally ending a lengthy  
manhunt. (R) (T)

11.35 Soundtrack to My Life. News series of  
the show that intimately profiles popular  
artists. In the first programme Cat  
Deeley hosts as Billy Bragg talks about  
his life and musical influences.

12.05 Nightwatch with Steve Scott: Crime; (T)  
ITV News Headlines. 1.50 Loose Women. (R)  
(T) 2.35 The Jeremy Kyle Show. (R) (T) 3.35  
ITV Nightscreen.

## SPORT

### Sky Sports 1

6.00 Live International Cricket.  
The Duleep Trophy Final. 11.00  
International Cricket 1.00 A-  
League 1.30 Wild Spirits 2.00  
International Cricket 4.00  
International Cricket 6.00 Live  
UEFA Champions League. Lyon v  
Manchester United (Kick-off  
7.45pm). 11.45 You're on Sky  
Sports! 11.45 Futbol Mundial  
12.15 Boots 'n' All 1.15 Poker  
3.15 360 Series 3.45 Sky Sports  
Classics 4.00 Live International  
Cricket. The Duleep Trophy Final.

### Sky Sports 2

6.00 Good Morning Sports Fans  
9.00 Snow Adventures 9.30 360  
Series 10.00 Pool 11.00 Snow  
Adventures 11.30 A-League 12.00  
Poker 2.00 UEFA Champions  
League 2.30 UEFA Champions  
League 3.00 UEFA Champions  
League 3.30 UEFA Champions  
League 4.00 UEFA Champions  
League 4.30 UEFA Champions  
League 5.00 UEFA Champions  
League 5.30 UEFA Champions  
League 6.00 Boots 'n' All 7.00  
Total Rugby 7.30 Live UEFA  
Champions League. Arsenal v AC  
Milan (Kick-off 7.45pm). 10.00  
International Cricket 12.00  
International Cricket 2.00  
European Tour Weekly 3.00 Boots  
'n' All 4.00 Close

### Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow  
Adventures 7.00 Aerobics Oz  
Style 7.30 Snow Adventures 8.00  
Sports Unlimited 9.00 A-League  
9.30 Show Jumping 10.00 Revista  
De La Liga 11.00 Racing News  
11.30 Aerobics Oz Style 12.00  
Sports Unlimited 1.00 NFL: Total

Access 1.55 U Can Do It 2.00  
Snow Adventures 2.30 360 Series  
3.00 Sports Unlimited 4.00 Pool  
5.00 NFL: Total Access 5.55 U  
Can Do It 6.00 A-League 6.30  
Futbol Mundial 7.00 Live World  
Golf Championship. The  
Accenture Match Play  
Championship. 11.00 NFL: Total  
Access 11.55 U Can Do It 12.00  
Ten Pin Bowling 11.00 European  
Tour Weekly 1.30 Total Rugby  
2.00 NFL: Total Access 2.55 U  
Can Do It 3.00 Watersports 4.00  
Futbol Mundial 4.30 Close

### British Eurosport

7.30 French Rugby 8.00 Live  
Biathlon. The men's individual  
race at the European  
Championships. 10.00 Ski  
Jumping 11.00 Biathlon 12.00  
Live Biathlon. Further coverage  
of the European Championships.  
1.30 Live WTA Tennis. The Qatar  
Total Open. 5.00 Eurogoals 5.15  
Live WTA Tennis. The Qatar Total  
Open. 6.00 Biathlon 7.00 Figure  
Skating 8.30 Adventure 9.00  
Wednesday Selection 9.05 Riders  
Club 9.10 US Tour Golf 10.10  
European Tour Golf 10.40 Golf  
Club 10.45 Yacht Club 10.50  
Sailing 10.55 Wednesday  
Selection 11.00 Adventure 11.30  
Biathlon 12.30 Close

### Sky Sports Xtra

4.00 Snow Adventures 4.30  
Aerobics Oz Style 5.00 Ten Pin  
Bowling 6.00 European Tour  
Weekly 6.30 Cricket 7.30  
International Cricket 9.30 Total  
Rugby 10.00 Boots 'n' All 11.00  
Transworld Sport 12.00 Cricket  
1.00 Snow Adventures 1.30  
Transworld Sport 2.30 Ten Pin  
Bowling 3.30 Max Power 4.30  
Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (R) (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Take a Bow. (R) (T) 3.30 Shaun the Sheep. (R) (T) 3.35 Prank Patrol. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 The Smoke House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Max manipulates the situation to ensure Tanya's birthday party ends in disaster, but the drunken birthday girl remains completely oblivious. Bradley interrupts Clare's attempts to seduce Ian, and Ronnie becomes anxious about Rox's whereabouts, unaware that a furious Jack has vowed to teach her a lesson she won't forget; (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Rachel hatches a plan to stop Eddie from resigning, but her efforts are dealt a blow when Steph shows him a bounced cheque from Hordley. Mika and Brett take their eco-warrior aspirations to the next level on the building site of the new training centre, and Chlo admits she wants Donte back. Neil Morrissey, Eva Pope and Lauren Drummond star. (T)

9.00 Ashes to Ashes. An alleged sexual assault requires delicate handling. The boat where the attack took place belongs to a friend of the Commissioner, forcing the detectives to go undercover at a fancy dress party as they attempt to arrest their suspect. With only circumstantial evidence and a victim of unreliable character, Ray surprises his colleagues by proving he has a gentler side, gaining the confidence of a young witness. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

11.35 Question Time. (T)

11.35 This Week; (T) Skiing Weather.

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Edwardians in Colour: The Wonderful World of Albert Kahn. (R) (T) 1.25 Sign Zone: Lark Rise to Candleford. (R) (T) 2.25 Sign Zone: Wanted Under. (R) (T) 3.10 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 Me Too! (R) (T) 7.20 Get Squiggling. (T) 7.35 Charlie and Lola. (R) (T) 7.50 Take a Bow. (R) (T) 8.00 CBBC: Wild Tales. (T) 8.30 Arthur. (R) (T) 8.45 Dennis the Menace. (R) (T) 9.05 The Sorcerer's Apprentice. (R) (T) 9.35 What's New Scooby-Doo? (R) (T) 9.55 Thumb Wrestling Federation: TWF. (R) (T) 10.00 Even Stevens; (R) (T) Diddy Dick & Dom. (R) (T) 10.30 Beat the Boss. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 The People Watchers. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Clog. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Ben Fogle's Extreme Dreams. (T) 7.00 Torchwood. Jack enlists the help of Martha Jones. (T) 7.50 Torchwood Declassified. With Freema Agyeman and Burn Gorman. (R) (T) 8.00 MasterChef. The four semi-finalists fine-tune their skills. (T) 9.00 That Mitchell and Webb Look. New series of the comedy sketch show. (T) 9.30 The Catherine Tate Show. Comedy sketches. (R) (T) 10.00 Freezing. Matt and Elizabeth try to impress a TV historian. Continues tomorrow. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Tropic of Capricorn. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

That Mitchell and Webb Look (BBC2, 9pm)

Robert Webb and David Mitchell may be best known to Channel 4 viewers as 'those blokes from Peep Show', but as the first run of this sketch series proved, there's an awful lot more to them than that. Little Britain went down a storm with viewers, but it's also been criticised for its often gut-wrenching portrayals of over-the-top characters. Mitchell and Webb offer a more highbrow alternative for those not impressed by David Walliams and Matt Lucas's efforts. Think of a 21st-century version of Fry & Laurie, and you'll get the picture. In the first edition, the duo play a variety of weird and wonderful folk, including new characters the Helivets, a pair of pink, jumpsuit-clad superheroes who've dedicated their lives to helping pets in peril. There's also a film director whose life imitates art and a man who tries to assure everyone his terrible cough is nothing to worry about. But arguably the sketch to watch out for involves The Carry On Hospital, an establishment where every medic speaks entirely in innuendo, except for one, who can't quite get the knack of it.

C4

6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.15 Without a Trace. (R) (T) 11.05 ER. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 The Midland: Checking Into History. (R) (T) 1.20 FILM: The Scarlet Blade (1963). Romantic swashbuckler, starring Lionel Jeffries. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Jamie at Home. Jamie Oliver demonstrates recipes using strawberries from his Essex plot, including jam to be served with rice pudding and his take on a classic - grilled strawberries with Pimm's. (T) 8.30 Jamie at Home. Preparing dishes using fresh peas and broad beans. (T) 9.00 My Street. The Cutting Edge series continues with a glimpse into the lives of film-maker Sue Bourne's neighbours, revealing the rich tapestry of life that exists beyond four walls. (T) 10.00 The Big Bang Theory. Sheldon tries to do Penny a favour by tidying her room. (T) 10.30 Skins. (T) 11.35 The Sopranos. (T) 12.45 Autopsy: Emergency Room. (R) (T) 1.45 FILM: Heaven (1998). Thriller, starring Martin Donovan. (T) 3.25 Transworld Sport. (R) (T) 4.15 Richard & Judy. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbells. (R) (T) 8.15 Big School. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.45 Funky Town. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.05 FILM: Columbo: Sex and the Married Detective (1989). Crime drama, starring Peter Falk. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Live UEFA Cup Football. Everton v SK Brann (Kick-off 8.00pm). Colin Murray introduces coverage of the second leg of this evening's last-32 encounter at Goodison Park, where the Toffees are clear favourites to progress. Subsequent programmes subject to change. (T) 10.10 FILM: Red Water (2003). A freshwater shark rears its ugly head in a Louisiana river, spelling trouble for a nearby group of people. Horror, starring Lou Diamond Phillips. (T) 12.00 Quiz Call. 4.00 Football Argentina. 4.30 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale: Heartbreak. Laurel and Ashley's world falls apart as baby Daniel's distraught mother discovers him lying motionless in his cot. Paramedics attempt to resuscitate the infant but all their efforts prove in vain. (T)

8.00 The Bill. A homeless man is hit on the head by 'bricks' that turn out to be bags of cocaine jettisoned by Ben's protegee Liam Harvey. When the lad is later found badly beaten, the kindly copper is incensed, assuming his father Bob is responsible. Under provocation during the interrogation, he puts his career on the line by head-butting the suspect and it's left to Callum to save Ben's skin when DPS officers arrive to investigate the resulting complaint. (T)

9.00 Trial & Retribution. Part two of two. As the hunt for Nick Fisher's murderer continues, Satch coaxes the victim's widow into identifying Dyer as a suspect but when the man's name is cleared the sergeant is forced to cover his tracks. Taking charge of the situation, Walker looks over the original case files and finds a piece of old evidence that provides vital clues - but it's Sarah Randle who holds the key to the truth. David Dayman stars. (T)

10.00 News at Ten and Weather; Weather. (T) 10.35 Moving Wallpaper. Mel creates a stir by announcing she has landed Ewan McGregor to appear in the show, but Jonathan claims the credit for the big-name signing. Ben Miller stars. (R) (T)

11.05 Echo Beach. Dan loses a night's sleep waiting for Abi to return from a date with Jimmy, and later begs Susan to name her son's father. Soap, starring Jason Donovan and Martine McCutcheon. (R) (T)

11.35 Grimebusters. Following specialist cleanup teams working in London. Dagenham's graffiti removal unit face a nightmare scenario, while workers in Wapping tackle two tons of pigeon droppings. (R)

12.00 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 1.45 Loose Women. (R) (T) 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1515  
Portugal no Coração 1800  
Portugal em Directo 1855 O  
Preço Certo 2000 News 2330  
The Mosquito Coast, film 0415  
Teleseas 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Da Terra  
Ao Mar 1600 National  
Geographic 1715 Zig Zag 1830  
A Fé dos Homens 1900  
Iniciativa 1945 Zig Zag 2045  
Freinds 2115 National  
Geographic 2200 News 2240  
Sobrenatural 2330 Balanço &  
Contas 0030 Noites 2 0115  
Universidades 0145 Discovery  
Hour 0245 Iniciativa 0330 Liga  
dos Últimos 0400 Sociedade  
Civil 0530 Euronews

SIC

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Eterna Magé 1445 O Profeta  
1515 Contacto 1600 Film TBA  
1800 Film TBA 2000 News 2030  
Football: Basileia V Sporting  
CP 2215 Paraiso Tropical 2315  
Vingança 0015 CSI New York  
0115 CSI Las Vegas 0215 Film  
TBA

TVI

0700 Diário Da Manhã 1000  
Você na TV 1300 News 1400  
Tarde de Julia 1700 Quem Quer  
Ganha 1800 Morangos com  
Açúcar 2000 Football:  
Nuremberg V SL Benfica 2115  
Ilha dos Amores 2215 Doce  
Fugitiva 2330 Tu e Eu 0100  
Escritório 0200 Cartaz das  
Artes 0230 Toca a Ganhar 0345  
TVI Negócios 0400 Protector  
IV 0445 Teleseas

Best of the Rest

BBC3

7.00 Spendaholics 8.00  
Freaky Eaters 9.00 Dawn  
Goes Lesbian 10.00  
EastEnders 10.30 Bizarre  
ER 11.00 The Real Hustle  
Las Vegas 11.30 Family  
Guy 11.55 Family Guy  
12.15 Dawn Goes Lesbian  
1.15 Bizarre ER 1.45 The  
Real Hustle Las Vegas 2.15  
Freaky Eaters 3.10  
Spendaholics 4.10 Close

BBC4

7.00 World News Today 7.00  
Weather 7.30 Masterpieces  
of the East 8.00 Michael  
Wood: The Story of India  
9.00 Jonathan Meades:  
Magnetic North 10.00  
Ashes to Ashes 11.00 Pop  
Britannia 12.00 Pop What  
Is It Good For? 1.00  
Jonathan Meades:  
Magnetic North 2.00 Pop  
Britannia 3.00 Jonathan  
Meades: Magnetic North  
4.00 Close

ITV2

1.00 Airline USA 1.30 TBA  
The Jeremy Kyle Show 2.35  
The Jeremy Kyle Show 3.45  
Ricki Lake 4.30 Sally Jessy  
Raphael 5.20 The Montell  
Williams Show 6.05 Judge  
Judy 7.00 Smallville 8.00  
American Idol 9.00 Coleen's  
Real Women 10.00  
American Idol 11.00  
Supernatural 12.00  
Entourage 12.35 The  
Office: An American  
Workplace 1.05 Coleen's  
Real Women 2.00 Entourage  
2.30 The Office: An  
American Workplace 3.00  
Teleshopping 6.00 Close  
Sky One  
1.00 Cold Case 2.00 Las

Vegas 3.00 Stargate SG-1  
4.00 Stargate SG-1 5.00  
Are You Smarter Than a 10  
Year Old? 6.00 Futurama  
6.30 Malcolm in the Middle  
7.00 The Simpsons 7.30  
The Simpsons 8.00 The  
Simpsons 8.30 The  
Simpsons 9.00 Bones  
10.00 Cold Case 11.00  
Prison Break 12.00 Ross  
Kemp in Afghanistan 1.00  
Caribbean Uncovered 1.50  
The Villa 2.40 Mile High  
3.30 Las Vegas 4.20 Dream  
Team 5.10 Guilty!

UKTV Gold

1.30 My Family 2.10 My  
Hero 2.50 Keeping Up  
Appearances 3.30 Film:  
Carry On Follow That Camel  
PG (1966) 5.20 Doctor Who  
6.20 Doctor Who 7.20 My  
Family 8.00 Film: Spy Kids  
3-D: Game Over U (2003)  
9.45 Only Fools and Horses  
11.30 The Vicar of Dibley  
12.20 The Catherine Tate  
Show 12.55 The Catherine  
Tate Show 1.30 Film: Big  
PG (1988) 3.15 Blessed  
3.50 Casualty 4.40 Holby  
City 5.35 Neighbours  
TCM  
1.00 A Tale of Two Cities  
3.00 Mrs Miniver U (1942)  
5.25 Catlow PG (1971) 7.15  
Take Me Out to the Ball  
Game U (1949) 9.00  
Beetlejuice 15 (1988) 10.40  
Brainstorm 15 (1983) 12.35  
A Clockwork Orange 18  
(1971) 2.50 Teleshopping  
3.05 Merry Andrew U (1958)  
5.00 Ride, Vaquerol! U  
(1953)

The Disney Channel  
Kids' programmes from  
7am, except:  
6.05 The Hoobs. (R) (T) 6.30 The  
Hoobs. (R) (T) 6.55 Freshly Squeezed.  
7.25 Everybody Loves Raymond. (R)  
(T) 7.50 Everybody Loves Raymond.  
(R) (T) 8.20 Just Shoot Me. (R) (T)  
8.45 Frasier. (R) (T) 9.15 Will & Grace.  
(R) (T) 9.45 Will & Grace. (R) (T) 10.15  
Without a Trace. (R) (T) 11.05 ER. (R)  
(T) 12.00 News at Noon. (T) 12.30 A  
Place in Greece. (R) (T) 1.00 The  
Midland: Checking Into History. (R)  
(T) 1.20 FILM: The Scarlet Blade  
(1963). Romantic swashbuckler, starring  
Lionel Jeffries. (T) 2.55 Come Dine  
with Me. (R) (T) 3.25 Countdown. (T)  
4.15 Deal or No Deal. (R) (T) 5.00  
Richard & Judy. (T) 6.00 The Simpsons.  
(R) (T) 6.30 Hollyoaks. (T) 7.00 Channel  
4 News. (T) 7.55 The Political Slot. (T)  
8.00 Jamie at Home. Jamie Oliver  
demonstrates recipes using straw-  
berries from his Essex plot, including  
jam to be served with rice pudding and  
his take on a classic - grilled strawber-  
ries with Pimm's. (T) 8.30 Jamie at  
Home. Preparing dishes using fresh  
peas and broad beans. (T) 9.00 My  
Street. The Cutting Edge series contin-  
ues with a glimpse into the lives of  
film-maker Sue Bourne's neighbours,  
revealing the rich tapestry of life that  
exists beyond four walls. (T) 10.00  
The Big Bang Theory. Sheldon tries to  
do Penny a favour by tidying her room.  
(T) 10.30 Skins. (T) 11.35 The So-  
pranos. (T) 12.45 Autopsy: Emergency  
Room. (R) (T) 1.45 FILM: Heaven  
(1998). Thriller, starring Martin Dono-  
van. (T) 3.25 Transworld Sport. (R) (T)  
4.15 Richard & Judy. (R) 5.15 Count-  
down. (R) (T)

MOVIES

Sky Movies Drama

7.35 The Apartment PG  
(1960) 9.45 All About My  
Mother 15 (1999) 11.40  
Brokeback Mountain 15  
(2005) With Heath Ledger,  
2.05 Lawrence of Arabia PG  
(1962) With Peter O'Toole,  
5.40 The Fugitive 15 (1993)  
With Harrison Ford. 8.00  
Brokeback Mountain 15  
(2005) With Heath Ledger,  
10.20 Lawrence of Arabia  
PG (1962) With Peter  
O'Toole. 1.55 All About My  
Mother 15 (1999) With  
Cecilia Roth. 4.00 Cyrano de  
Bergerac U (1990)

Sky Movies Comedy

6.00 City Slickers II: The  
Legend of Curly's Gold 12  
(1994) 8.40 Piccadilly Jim  
12 (2004) 9.40 Pretty in Pink  
15 (1986) 11.20 City Slickers  
II: The Legend of Curly's  
Gold 12 (1994) With Billy  
Crystal. 1.20 Tenacious D  
in The Pick of Destiny 15 (2006)  
With Jack Black. 3.00 Big  
Nothing 15 (2006) With Simon  
Pegg. 4.30  
Dr Dolittle 3  
PG (2006)  
With Kyla  
Pratt. 6.10  
R o b i n  
Hood: Men  
in Tights  
PG (1993)  
With Cary  
Elwes. 8.00  
Big Nothing  
15 (2006)  
With Simon  
Pegg. 9.30  
Tenacious

D in The Pick of Destiny 15  
(2006) With Jack Black.  
11.10 Night Shift 15 (1982)  
With Henry Winkler. 1.00  
Pretty in Pink 15 (1986) With  
Molly Ringwald. 2.40  
Piccadilly Jim 12 (2004) With  
Sam Rockwell. 4.20 Dr  
Dolittle 3 PG (2006)

Sky Movies Action

6.05 The Dogs of War 15  
(1980) 8.15 Night Falls on  
Manhattan 15 (1997) 10.25  
Adrift 15 (2006) 12.15  
Jumper Special 12.45 Enemy  
of the State 15 (1998) With  
Will Smith. 3.00 The Dogs of  
War 15 (1980) With  
Christopher Walken. 5.10  
Night Falls on Manhattan 15  
(1997) With Andy Garcia.  
7.10 Adrift 15 (2006) With  
Eric Dane. 9.00 Enemy of the  
State 15 (1998) With Will  
Smith. 11.15 Blade 18 (1998)  
With Wesley Snipes. 1.20  
Black Rain 18 (1989) With  
Michael Douglas. 3.30 To  
Live and Die in LA 18 (1985)  
5.35 Volcano: Fire on the  
Mountain PG (1997)

If you would like to advertise  
on these pages,  
contact Bella Talhadas  
Call 707 500 677 or email  
bella@the-news.net or  
send a fax to 282 341 201

SPORT

Sky Sports 1

6.00 Live International  
Cricket. The Duleep Trophy  
Final. 11.00 Futbol Mundial.  
11.30 Boots 'n' All 12.30  
Transworld Sport 1.30  
Total Rugby 2.00 Futbol  
Mundial 2.30 Wild Spirits  
3.00 Live Winning Post  
Special. The latest meeting  
of the Dubai International  
Racing Carnival. 7.00  
Premier League World 7.30  
Live Premier League Darts.  
From the Ricoh Arena in  
Coventry. 11.00 Premier  
League World 11.30 The  
Rugby Club 1.00 Premier  
League World 1.30 Race  
World 2.00 Premier League  
World 3.00 Live  
International Cricket.  
Australia v Sri Lanka.

Sky Sports 2

6.00 Good Morning Sports  
Fans 9.00 World Golf  
Championship 12.30 Total  
Rugby 1.00 Thinking Tackle  
2.00 World Golf  
Championship 5.30 The  
Rugby Club 7.00 Live World  
Golf Championship. The  
Accenture Match Play  
Championship. 11.00 NFL:  
Total Access 11.55 U Can  
Do It 12.00 Triathlon 1.00  
The Dogs 1.30 The Rugby  
Club 3.00 Close

Sky Sports 3

8.00 Transworld Sport 9.00  
Aerobics Oz Style 9.30 A-  
League 10.00 Boots 'n' All  
11.00 Racing News 11.30  
Aerobics Oz Style 12.00  
Watersports World 1.00

NFL: Total Access 1.55 U  
Can Do It 2.00  
International Cricket 4.00  
Ten Pin Bowling 5.00 NFL:  
Total Access 5.55 U Can  
Do It 6.00 The Dogs 6.30  
ATP Tennis 7.00 Race  
World 8.00 The Rugby Club  
9.30 WWE: Late Night -  
Raw 11.30 Extreme  
Championship Wrestling  
12.30 ATP Tennis 1.00  
Premier League Darts 4.30  
Close

British Eurosport

7.30 Adventure 8.00 Road  
to Euro 2008 8.30 UEFA  
Cup Football 9.15 Biathlon  
10.30 Biathlon 11.45 UEFA  
Cup Football 12.30 Live  
WTA Tennis. The Qatar  
Total Open. 5.00  
Eurogoals 5.15 Live WTA  
Tennis. The Qatar Total  
Open. 5.45 Ski Jumping.  
6.45 Live Alpine Skiing.  
The World Cup meeting  
from Whistler, Canada.  
8.15 Boxing 10.00 UEFA  
Cup Football 11.00 UEFA  
Champions League 12.45  
Close

Sky Sports Xtra

4.00 Snow Adventures 4.30  
Aerobics Oz Style 5.00  
Transworld Sport 6.00  
Snow Adventures 6.30  
Cricket 7.30 Snow  
Adventures 8.00  
International Cricket 10.00  
Cricket 11.00 Snow  
Adventures 11.30 ATP  
Tennis 12.00 Race World  
1.00 Snow Adventures 1.30  
NFL: Total Access 2.25  
Close

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Call Bella on 707 500 677 for information and suggestions on how you could use these spots to create extra business for you!



BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Take a Bow. (R) (T) 3.30 Shaun the Sheep; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 3.40 Basil's Game Show. (T) 4.10 Freonix. (T) 4.35 The Smoke House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz. (T)  
6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)

7.30 Inside Out. New series of the documentary strand focusing on stories of interest to the region; (T) BBC News; Regional News. (T)  
8.00 EastEnders. A distraught Tanya can't contain her anger as Max continues to hold the advantage. Ronnie is incensed at Jack's treatment of Roxy, and comes up with a solution that leaves Peggy feeling lonely. Ian insists Jase and Jay vacate the flat to make way for Christian, so Dawn sets about finding them a new home. (T)  
8.30 A Question of Sport. Surrey cricketer Mark Butcher, former England football manager Glenn Hoddle, ex-Leeds United and Aston Villa coach David O'Leary and World Cup-winning rugby union star Lawrence Dallaglio join team captains Matt Dawson and Phil Tufnell for another round of the quizfire quiz. (T)

9.00 New Tricks. Sandra loses her trust in the team when she discovers they have withheld information concerning her father. The revelation he committed suicide while under investigation for corruption causes the detective to doubt all she took for granted, but she tries to set her feelings aside when asked to look into the death of a circus ringmaster. Ian McNeice and Sheila Hancock guest. Last in series. (R) (T)  
10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)  
10.35 Friday Night with Jonathan Ross. Actor Forest Whitaker discusses his role in political thriller Vantage Point. Veteran entertainer Bruce Forsyth talks about his life and career on the eve of his 80th birthday, and supermodel Agyness Deyn drops in for a chat. Music is provided by Lenny Kravitz, performing 'I'll Be Waiting'. (T)

11.35 The National Lottery EuroMillions Draw. . (T)  
11.40 Dames. Tom and Ellen suspect Patty is trying to control them and conspire to withhold information from her. Patty resolves to keep Gregory secure until his deposition. (R) (T)  
12.25 FILM: Revelation (2001). Thriller, starring Terence Stamp; (T) Weatherview. (T) 2.20 Sign Zone: Horizon. (R) (T) 3.10 Sign Zone: What Britain Earns. (R) (T) 4.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Twenties Songtime. (R) (T) 7.00 Me Too! (R) (T) 7.20 Get Squiggling. (T) 7.35 Charlie and Lola. (R) (T) 7.50 Take a Bow. (R) (T) 8.00 CBBC: Wild Tales. (T) 8.30 Arthur. (R) (T) 8.45 Dennis the Menace. (R) (T) 9.05 The Sorcerer's Apprentice. (R) (T) 9.35 What's New Scooby-Doo? (R) (T) 9.55 Thumb Wrestling Federation: TWF. (R) (T) 10.00 Even Stevens; (R) (T) Diddy Dick & Dom. (R) (T) 10.30 Beat the Boss. (R) (T) 11.00 Animal Park: Wild on the West Coast. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 The People Watchers. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Ben Fogle's Extreme Dreams. (T) 7.00 Plane Crazy: The Transatlantic Price War? The de-regulation of transatlantic flights. (T) 7.30 An Island Parish. Bishop Bill's advice lifts Father Guy's spirits. (R) (T) 8.00 Natural World. The first animal to survive a trip into space. (T) 8.50 The Great British Parakeet Invasion. Wild parakeets in Britain. (T) 9.00 The Choir - Boys Don't Sing. The star soloist is struck down with a throat infection. Last in series. (T) 10.00 Freezing. Elizabeth decides to switch agents. Last in series. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 Star Trek: The Next Generation. (R) (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.05 FILM: The Atomic Submarine (1959). Sci-fi drama, with Arthur Franz. (T) (bw) 3.20 BBC News 24. (T) 4.40 Close.

C4

6.00 Making It. (R) 6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Just Shoot Me. (R) (T) 8.45 Frasier. (R) (T) 9.15 Will & Grace. (R) (T) 9.45 Will & Grace. (R) (T) 10.15 Without a Trace. (R) (T) 11.05 ER. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 FILM: Angel and the Badman (1947). Western, starring John Wayne. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Kate Seelye investigates the rise in the number of backstreet abortions being performed in Nicaragua after the government passed legislation banning the practice in hospitals. (T) 8.00 A Place in the Sun: Home or Away. A couple relocating to the Limousin region of France. (T) 9.00 Ricky Gervais: New Hero of Comedy. New series. The life and career of the comedian. (T) 10.00 Alan Carr's Celebrity Ding Dong. With Paul O'Grady and Peter Andre. (T) 10.50 The Law of the Playground. (T) 11.25 The Big Bang Theory. (R) (T) 11.55 TV Heaven, Telly Hell. (R) (T) 12.30 4Music: The Album Chart Show. (T) 1.00 4Music: JD Set Presents the Courteneers. (T) 1.15 4Music: Beat Stevie. (R) (T) 1.25 Goalissimo. 2.15 World Cup Snowboard. 4.15 Richard & Judy. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlots. (R) (T) 8.15 Big School. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.45 Funky Town. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Mercy Mission: The Rescue of Flight 771 (1993). Adventure, with Robert Loggia. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Massive Speed. Chris Barrie explores the world of armoured vehicles; (T) 7.30 five news update. (T) 8.00 Ice Road Truckers. A lorry goes through the ice and the emergency services spring into action. Jay transports the heaviest piece of equipment this season, and TJ is investigated; (T) 8.00 five news at 9. 9.00 NCIS. A Marine intelligence officer is murdered. (T) 10.00 Law & Order: Special Victims Unit. The team investigate the rape of a comatose woman. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)  
6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Laurel struggles to cope with Daniel's death, while Ashley wonders if Gabby should be sent to stay with her mother Bernice. Percy grows suspicious of Katie and Gray's relationship. (T)

7.30 Coronation Street. As Jamie makes preparations for the secret move, Violet goes into labour and staggers into the pub for help, while Liam is bewildered when Carla asks Tony to move in with her. (T)  
8.00 Fuel's Gold: Tonight. (T)

8.30 Coronation Street. An elated Sean is at Violet's side as she gives birth to a healthy baby boy in the Rovers. Michelle tells Alex it's time he went home, and Paul finds himself playing by Dan's rules. (T)

9.00 Moving Wallpaper. The Christian Viewers' Association complain about episode seven and Nancy invites them to meet the crew, believing the show has pushed the boundaries and needs to be toned down. Tom steps up his flirtation with Kelly but, stung by a remark from Jonathan, sets out to write a deeply emotional scene to prove he is not shallow. Comedy spin-off from Echo Beach, starring Ben Miller and Raquel Cassidy. (T)

9.30 Echo Beach. Al prepares the beach hut for a special night with Jimmy, but he is reeling from Mark and Susan's revelations about who his father is and things take a surprising turn by the time Grace turns up to snoop on events. Narinder gives Charlie the brush-off. Soap, starring Jason Donovan and Martine McCutcheon, with Hugo Speer, Johnny Briggs and Ed Spealers. (T)  
10.00 Al Murray's Happy Hour. Journalist and TV presenter Piers Morgan and Coronation Street actress Kym Ryder join the Pub Landlord for banter and no-nonsense chat. (T)

11.00 The Late News and Weather; Weather. (T)  
11.40 The Brits Backstage. Denise Van Outen reports backstage from Wednesday's gala event at Earls Court, where Leona Lewis, Mark Ronson and Kaiser Chiefs were among the nominees due to perform live. (T)

12.10 Heist. (T) 12.55 Nightwatch with Steve Scott: Emergency. (T) ITV News Headlines. 2.40 FILM: Instinct (1999). Psychological drama, starring Anthony Hopkins. (T) 4.45 Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1515  
Portugal no Coração 1800  
Portugal em Directo 1905 O  
Preço Certo 2000 Teleseas  
2100 Contar 2130 Sabe Mais  
que um Miúdo de 10 anos?  
2230 Sexta, à Noite 0030  
Magazine 0030 Susan's Plan,  
film 0300 Só Visto 0400  
Teleseas

RTP2

0700 EuroNews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 da Terra  
ao Mar 1600 National  
Geographic 1700 Zig Zag 1830  
A Fé dos Homens 1900 A Alma  
e a Gente 1945 zig Zag 2045  
Friends 2115 National  
Geographic 2200 News 2245  
O amor no Alasca 2330  
Comunetary Hour 0030 Noites  
da 2 0115 Sempre em Pé 0215  
Palco 0330 Sociedade Civil  
0500 Euronews

SIC

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Eterna Magi 1445 O Profeta  
1515 Contatado 1800 Pé na Janta  
1900 Ganhar é Que se Gaste  
Se Entende 2000 News 2115  
Chiquititas 2215 Paraíso  
Tropical 2315 Vingança 0015  
CSI Las Vegas 0130 Whacked,  
film 0330 Polhar da Serpente  
TVI

TVI

0200 Diário Da Manha 1000  
Você na TV 1300 News 1400  
Mundialito de Futebol da Praia  
1700 Quem Quer Ganha 1745  
Morangos com Açúcar - Férias  
de Verão 2000 News 2115  
Euromilhões 2130 Ilha dos  
Amores 2215 Doce Fugitiva  
2330 Tu e Eu 0030 Film TBA

Best of the Rest

BBC3

7.00 Top Gear 8.00 The Most  
Annoying People of the Year  
2007 9.00 Lily Allen and Friends  
9.45 The Real Hustle 10.00  
EastEnders 10.30 Two Pints of  
Lager and a Packet of Crisps  
11.00 Marc Wootton Exposed  
11.30 Family Guy 11.55 Family  
Guy 12.15 Two Pints of Lager  
and a Packet of Crisps 12.45  
Lily Allen and Friends 1.30 The  
Most Annoying People of the  
Year 2007 2.25 The Real Hustle  
2.40 Marc Wootton Exposed  
3.10 Bizarre ER 3.40 Dawn  
goes Lesbian 4.40 Close

BBC4

7.00 World News Today 7.00  
Weather 7.30 Legends:  
Jacques Brel - Ne Me Quitte  
Pas 8.30 Brecon Jazz Festival  
2007 9.00 Whatever Happened  
to Radio 27 10.00 Caledonia  
Dreamin' 11.00 Edwyn Collins:  
Home Again 11.35 Batman  
12.00 Batman 12.25 Brecon  
Jazz Festival 2007 12.55  
Caledonia Dreamin' 1.55  
Legends: Jacques Brel - Ne Me  
Quitte Pas 2.55 Caledonia  
Dreamin' 3.55 Close

ITV2

1.00 Harry Hill's TV Burp 1.30  
The Jeremy Kyle Show 2.35  
The Jeremy Kyle Show 3.45  
Ricki Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judge Judy  
7.00 Smallville 8.00 Tranny and  
Susanah Undress the Nation  
9.00 American Idol 10.50  
American Idol 11.50 Hey Paula!  
12.20 Coronation Street 12.50  
Coronation Street 1.15 Coleen's  
Real Women 2.05 Teleshopping  
5.00 ITV2 Nightscreen 5.05  
ITV2 Nightscreen 5.30 ITV2  
Nightscreen 5.40 ITV2

Nightscreen 6.00 Close

Sky One

1.00 Cold Case 2.00 Las Vegas  
3.00 Stargate SG-1 4.00  
Stargate SG-1 5.00 Are You  
Smarter Than a 10 Year Old?  
6.00 Futurama 6.30 Malcolm in  
the Middle 7.00 The Simpsons  
7.30 The Simpsons 8.00  
Brainiac: Science Abuse 9.00  
Film: Star Trek: First Contact  
12 (1996) 11.05 Ross Kemp in  
Afghanistan 12.05 Road Wars  
1.05 Weeds 1.40 Weeds 2.15  
Caribbean Uncovered 3.05 Mile  
High 4.00 Dream Team 4.55  
Bite Size Brainiac 5.10 Guilty!  
UKTV Gold

1.20 My Family 2.00 My Hero  
2.40 Keeping Up Appearances  
3.20 Film: Big PG (1988) 5.20  
Doctor Who 6.00 Doctor Who  
7.15 The Vicar of Dibley 8.00  
Film: Spy Hard PG (1996) 9.35  
Blackadder II 10.15 Film:  
Primary Colors 15 (1998) 12.50  
Blackadder II 1.30 Blessed 2.10  
In Justice 2.55 The Bill 3.45  
Close Up 3.55 Casualty 4.40  
Holby City 5.35 Neighbours

TCM

1.00 Les Girls PG (1957) 3.00  
The Wizard of Oz PG (1939)  
4.50 Undercurrent PG (1946)  
7.00 Brass Target PG (1978)  
9.00 Get Carter 18 (1971)  
11.00 The Exorcist 18 (1973)  
1.15 Clash of the Titans PG  
(1981) 3.10 Teleshopping 3.25  
Third Finger, Left Hand U  
(1940) 5.00 Invasion Quartet  
U (1961)

The Disney Channel

Kids' programmes from 7am,  
except: 6.00 Film: Go Figure  
U (2005) Teen movie, starring  
Jordan Hinson. 9.30 Film: Go  
Figure U (2005) Teen movie,  
starring Jordan Hinson.

MOVIES

Sky Movies Drama

6.35 Some Like It Hot U (1959)  
8.45 The Lost Weekend PG  
(1945) 10.40 The Sea Inside  
PG (2004) 12.50 The English  
Patient 15 (1996) With Ralph  
Fiennes. 3.35 Oscar Feature  
3.55 The Lost Weekend PG  
(1945) With Ray Milland. 5.50  
Some Like It Hot U (1959)  
With Jack Lemmon. 8.00 The  
English Patient 15 (1996) With  
Ralph Fiennes. 10.45  
Unforgiven 15 (1992) With  
Clint Eastwood. 1.05 The Sea  
Inside PG (2004) With Javier  
Bardem. 3.25 The Bishop's  
Wife U (1947) 5.30 Drama  
Close Up

Sky Movies Comedy

6.00 Keeping Mum 15 (2005)  
7.55 Manhattan 15 (1979) 9.35  
Fletch PG (1985) 11.15  
Family Close Up 11.45  
American Dreamz 12 (2006)  
With Hugh Grant. 1.40  
There's Something About  
Mary 15 (1998) With Cameron  
Diaz. 3.45 Frankie and  
Johnny 15 (1991) With  
Michelle Pfeiffer. 5.45  
Comedy Close Up 6.15 Stick  
It PG (2006) With Missy  
Peregrine. 8.00 There's

Something About Mary 15  
(1998) With Cameron Diaz.  
10.00 American Pie  
Presents: The Naked Mile 15  
(2006) With John White.  
11.45 Frankie and Johnny 15  
(1991) With Michelle Pfeiffer.  
1.45 American Dreamz 12  
(2006) With Hugh Grant. 3.35  
Manhattan 15 (1979) 5.15  
Fletch PG (1985)

Sky Movies Action

7.20 The Black Dahlia 15  
(2006) 9.25 Chill Factor 15  
(1999) 11.20 Billy Bathgate  
15 (1991) With Dustin  
Hoffman. 1.15 Walker, Texas  
Ranger: Trial by Fire (2005)  
With Chuck Norris. 3.00 The  
Black Dahlia 15 (2006) With  
Josh Hartnett. 5.05 Bullitt 15  
(1968) With Steve McQueen.  
7.05 Billy Bathgate 15 (1991)  
With Dustin Hoffman. 9.00  
Magnum Force 18 (1973) With  
Clint Eastwood. 11.05  
Walker, Texas Ranger: Trial  
by Fire (2005) With Chuck  
Norris. 12.40 Uncommon  
Valor 15 (1983) With Gene  
Hackman. 2.30 Year of the  
Dragon 18 (1985) With  
Mickey Rourke. 4.50 In the  
Line of Duty: Siege at Marion  
PG (1992)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Live International Cricket.  
Australia v Sri Lanka. 11.30  
Premier League World 12.00 The  
Rugby Club 1.30 Premier League  
World 2.00 Race World 3.00 Live  
Winning Post Special. The Dubai  
International Racing Carnival.  
7.00 Premier League Preview  
7.30 Live Super League.  
Bradford Bulls v St Helens (Kick-  
off 7.30pm). 9.30 Live Friday  
Night Night. Darren Barker v  
Steve Bendall. 11.30 Premier  
League Preview 12.00 Big  
League Weekend 1.00 Super  
League 3.00 Friday Night Night  
5.00 Premier League Preview  
5.30 World Sport

Sky Sports 2

6.00 Good Morning Sports Fans  
9.00 World Golf Championship  
12.00 Transworld Sport 1.00  
NFL: Total Access 1.55 U Can  
Do It 2.00 The Dogs 2.30 World  
Golf Championship 5.30 Premier  
League World 6.00 Big League  
Weekend 7.00 Live World Golf  
Championship. The Accenture  
Match Play Championship. 11.00  
NFL: Total Access 11.55 U Can  
Do It 12.00 World Sport 12.30  
Live International Cricket. New  
Zealand v England.

Sky Sports 3

6.00 Aerobics Oz Style 6.30  
Snow Adventures 7.00 WWE:  
Raw 9.00 Race World 10.00  
Premier League World 10.30 ATP  
Tennis 11.00 Racing News 11.30  
Aerobics Oz Style 12.00 Live  
Tennis 4.00 ATP Tennis 4.30  
WWE: Raw 6.30 Live Tennis  
10.00 Big League Weekend  
11.00 Live Cricket. A Stanford

20/20 semi-final. 2.00 UEFA  
Champions League 2.30 UEFA  
Champions League 3.00 UEFA  
Champions League 4.00 British  
Ice Hockey

British Eurosport

7.30 Ski Jumping 8.00 Live  
Biathlon. The men's sprint at the  
European Championships. 9.30  
UEFA Champions League 10.45  
Ski Jumping 11.30 Live Biathlon.  
The women's sprint at the  
European Championships.  
12.30 Live WTA Tennis. The  
Qatar Total Open quarter-finals.  
4.00 Biathlon 5.00 Eurogoals  
5.30 Ski Jumping 6.45 Live  
Alpine Skiing. The World Cup  
meeting from Whistler, Canada.  
8.00 World Superbikes 8.50 Trial  
Bikes 9.50 euroCRASH! 10.15  
World Superbikes 11.05 Yoz  
Magazine 11.35 euroCRASH!  
12.00 Eurogoals 12.30 Close

Sky Sports Xtra

6.00 UEFA Champions League  
6.30 UEFA Champions League  
7.00 UEFA Champions League  
7.30 UEFA Champions League  
8.00 Premier League World 8.30  
Premier League Darts 12.00  
UEFA Champions League 12.30  
UEFA Champions League 1.00  
UEFA Champions League 1.30  
UEFA Champions League 2.00  
International Cricket 4.00 Live  
Rugby Union. The Cheetham v  
Western Force (Kick-off  
4.00pm). 6.00 Live Rugby Union.  
The Bulls v The Crusaders (Kick-  
off 6.00pm). 8.00 British Ice  
Hockey 10.00 WWE: Late Night  
- Smackdown 12.00 WWE: Late  
Night - Bottom Line 1.00 Rugby  
Union 3.00 Rugby Union 5.00  
Race World

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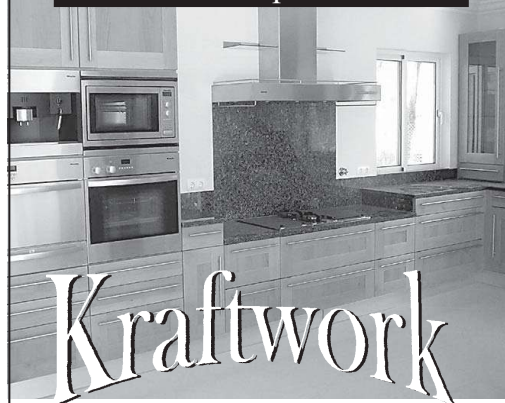


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## SATELLITE TV

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This Unique Sky satellite digibox, allows you to receive all the hundreds of free to air channels such as BBC, ITV, Etc. without paying any subscription but if you are already a Sky television subscriber and you commute back and forth to Portugal, all you would have to do is take your Sky viewing card out of its original Sky digibox in the UK and put it into the card slot of the new Sky multicam digibox in your holiday home to view whatever Sky viewing package you subscribe to, this also includes the Sky premium channels such as Sky movies and Sky sports. Plus if you take advantage of Skys multiroom package and get a second Sky card for an extra 10.00 per month, you have the option of your Sky package being viewed in the UK and Portugal simultaneously. Also with use of a memory stick with this digibox you can record, live pause and playback all of your favorite channels (no need for a DVD or Video recorder).

PLEASE NOTE: THESE FUNCTIONS ARE ONLY AVAILABLE WITH THE NEW SKY MULTICAM RECEIVERS AND NOT WITH ANY OTHER TYPES OF SKY DIGIBOX.

**COMPLETE 1.4m SATELLITE SYSTEM  
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Digital Satellite Systems also supply a complete range of satellite equipment to the trade throughout the Algarve direct from our warehouse in Albufeira. We supply the new HD digiboxes, Sky digiboxes, Freeview digiboxes, All satellite dish sizes, LNBs, Sky cards, RTE Irish cards, Digital football viewing cards, Footbal systems, Multiswitches, Cable Etc.

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## Upward Glance

with Joyce Voelker

## Tiny Creatures

It is human nature to always want to be in control of our lives. We want things to go our way. We don't enjoy unpleasant experiences, especially not when they repeat themselves over and over again.

One of life's unpleasant experiences as a parent is caring for a child who has picked up headlice. While it is common for children to pick it up at school or from other close contact with infected children, it is anything but fun to treat. A friend of mine, the mother of three young children, recently went through several rounds of this annoying malady with her middle child. While her other two children did not become infected, this mother and six year old endured hours of coming through the hair again and again with a special fine tooth comb looking for and removing tiny nits or eggs that would hatch and become lice if not removed. Harsh chemical shampoos especially designed to kill the tiny bugs were used as directed. Bed linens were washed, brushes and combs sterilized... all the recommended precautions were taken by this conscientious mother at the onset of the first outbreak and still it continued. Frustration mounted and became desperation. Was there no hope? No end in sight? In light of eternity it might seem a very small thing. However, like many of life's annoyances and

irritations, head lice can take us to the end of our hope.

Is it possible for God to get our attention and teach us something through such a tiny creature? We are not without precedent in Scripture. Proverbs 6:6-7 tell us that we can learn from watching the hard work and planning of an ant colony. If we can learn from ants, God can communicate to our hearts through an encounter with head lice. My friend found this to be true. In the midst of her extreme frustration at the third outbreak on her daughter's small head, she found herself crying out to God and wondering what He could possibly be trying to teach her. Her heart cry did not go unanswered. A few days later Jenny shared with me how God was using this trial to teach her that there are many things in life that are beyond her ability to control. She found it reassuring that the God who cared about and controlled the big things in life, both cares and controls the little things as well. While she wanted to be rid of the tiny creatures once and for all, God helped her to focus on putting all of life's details into the hands of an almighty, sovereign God.

More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship\\_with\\_god/page](http://www.rbc.org/personal_relationship_with_god/page) or email [joycevoelker@hotmail.com](mailto:joycevoelker@hotmail.com)

## Embrace Grace

**IBC Women's Conferences 2008**

**Calling all Christian Women and any other women who are interested to learn and experience God's love and grace to join us for a Christian women's conference.**

Dates: **25<sup>th</sup> to the 27<sup>th</sup> of April**  
Place: **Tivoli Hotel Cavoeiro**

Cost: **€185 pp for double room  
€240 pp for single room  
Or €100 for weekend visitors**

Guest speaker: **Liz Curtis Higgs**

For more information please visit the website [www.ibc-churches.org/women/](http://www.ibc-churches.org/women/) or call Jan Macleod (+351) 282 768 088



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Including spa cover and inox stand **plus Poolsan chlorine free start up kit**  
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### Techolhão

Air conditioning. Solar energy  
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**5% discount until March 30th**  
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**Win** Dermalogica Face Treatments for an entire year (worth over €300)  
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### Villager Woodburning Stoves

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**Free valuation** to Portugal News readers  
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High quality Ladies clothing from Europe  
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9 hole par 3 golf course designed by Dave Thomas  
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## Contact:

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Mob: 913 273 996  
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**CASA - WELL-KNOWN** local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

**LIONS CLUB DE LOULÉ - Spring sale, Sunday March 2nd, 9.30 - 12.00 at centro comunitario, Almacil. Nearly new clothes, shoes, linen, bric-a-brac, books at bargain prices. Admission free. Refreshments available. Phone 289 416 659.**

**DO YOU** like live acoustic music - folk, blues, country...? Better still do you play or sing? Singer guitarist is keen to establish new club in central Algarve. Interested? Steve 913 891 426.

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## Business Opportunities

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## Charities

**LAGOS ANIMAL** Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spraying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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**POOL TABLE** - 7ft x 4ft, slate bed, brand new recloth and accessories, €650, PING PONG TABLE, outdoor model, new bats and balls, €150. - can deliver - Tel: 917 846 242.

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one chicken, one animal  
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## Health &amp; Beauty

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T-G. 8ft by 2ft = 22mm = €27. 100mm by 50mm Plained 2.40mts CLS = €12. 200mm by 47mm Tannerlised Joists 4.20mts length = €59. Tel: 963 598 216.

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**ROADIE TYPE** required for transporting and assembling a portable boutique and small PA system. Driving Licence an advantage. Must be reliable. No visible tattoos. Further details call: 967 922 645.

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Must be able to speak English and Portuguese.

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## Winkworth

### Sale Negotiators for Tavira and Alancil

Winkworth are looking for enthusiastic and motivated sales people to join our team.

The right people should possess broad and proven experience in property sales and be able to function as an important part of a close knit sales team. A second language is an advantage and the candidate should be computer literate. Appropriate training will be given and career development is actively encouraged.

### Property Marketing / Lister for Tavira, Alancil, Carvoeiro and Lagos

This position also requires enthusiastic and motivated people who can preferably speak and write fluent Portuguese and English. First class presentation skills are essential. Appropriate training will be given.

### Telemarketer for Alancil

Mature, experienced telemarketer, to join our off-plan real estate team. Contacting existing database and responding to incoming enquiries, from internet and advertising campaigns in the UK. You will be responsible for converting enquiries into inspection visits. Beautiful up market product range to sell, right across the Algarve and the Silver Coast.

### Administration Assistant/Receptionist for Tavira and Alancil

This person must be able to work on their own initiative, be computer literate and have the ability to communicate effectively at all levels. This is a busy and challenging working environment, good organizational and administrative skills are essential. The candidate must be smart in appearance and have a good telephone manner and be able to speak fluent Portuguese and English

All positions carry an excellent remuneration package.

Please forward your CV to Carol Newland, Winkworth – Christopher Garveigh Lda Rua do Barranco N° 85 R/C, Carvoeiro, 8400-508 Lagoa or email cnewland@winkworth.pt.

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Due to staff promotion and continued expansion we have vacancies for experienced sales consultants and Branch Managers across the Algarve.

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### Personal

#### Mums & Tots



Tuesdays 10.00am -12 Noon. Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

**Every Saturday Morning new frontiers**  
10-12am at ICC Lagos  
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Food \* Games \* Music \* Fun Competitions \* Drama!!!  
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Tel: 282 086804 or see icc-lagos.org for location

#### Explorers & Climbers

Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.



Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Lousas, EN125, Alcantarilha. Refreshments available. Contact Elaine for more details on 916 447 407.

**ALCOHOLICS ANONYMOUS** English speaking meetings 7pm Sun., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. Mobile: 965 059 949.

**ALCOHOLICS ANONYMOUS** - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Alancil 1.00pm; Alancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alancil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Alancil 1.00pm; Portimão 7.30pm. Sat.: Alancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

**ALCOHOLICS ANONYMOUS** New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. 30 Rua Dr. Parreira, Tavira mobile 916 013 265.

### Pets

**ARE YOU** looking for a pet? I currently rescue kittens & cats, puppies and dogs; maybe I have your future companion. Call Valérie (Donkey Sanctuary) 913 860 865 or 282 342 823. lili10.evann@yahoo.fr

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### Property for Rent

**APARTMENT TO RENT.** Santa Barbara de Nexe Area - Agostos. Apartment over farmhouse in rural setting. Fully equipped. Suit couple. Tel. Maxine on 917 267 948.

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Estudio, apartamentos T1 e T2 no Surfal, Açoteias, equipados para veraneantes no Algarve, próximo aos campos de golfe, a 1km da praia da Falésia, c/ TV parabólica: D, E, I, Fr, disponíveis para aluguer. **Studio, 1 & 2 bedroom apartments, equipped for visitors to the Algarve, near golf course, 1km from Falésia beach, with D, E, I, Fr, satellite TV, available for rent.** Studio-wohnung, sowie 1 u. 2 SZ-Wohnung in Surfal, Açoteias. Ausgestattet für Algarveurlauber, in der Nähe eines Golfplatzes. 1km vom "Falesia-Strand", TV Sat. TV in D, E, I, Fr, frei zur Vermietung.

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**TIMBER COTTAGE** 7x3.5m., warm/cool, south facing, wood stove. Outside loo, shower, washing, secluded in casual, natural setting, deck with swim pond. Suit rustic couple. €450/month. geoffswain@sapo.pt. Tel: 00351 912 364 393.

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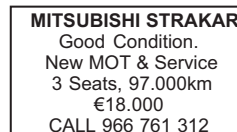
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# President against Iberian World Cup

Speaking shortly after the president of the Spanish Football Federation admitted he had been approached by his Portuguese counterpart with a view to jointly staging the 2018 World Cup, Portugal President Cavaco Silva indicated the country had other priorities than staging this prestigious sporting event.

Contrary to intentions of Portuguese and Spanish Football Federations, President Cavaco Silva is against a World Cup being hosted by the two countries, saying: "We have to seriously think about whether we have the resources to stage the tournament. Currently, Portugal has other priorities".

Despite Spain having hosted the football World Cup in 1982, many analysts believe the formulation of a joint bid could prove successful as the two countries are likely to receive support from "allies" in Latin America and Africa that will go a long way to ensuring the Iberian Peninsula is the venue of the tournament in 2018.

World football's governing body FIFA recently scrapped the rotation system between continents and after the 2010 tournament in South Africa and in Brazil four years later, it is almost a certainty the 2018 World Cup will be in Europe.

Russia has already announced its intentions to launch its candidacy, and bids are expected from England, the United States, China and Australia, while Holland, Belgium and Luxembourg are preparing a joint bid.

But Portugal could have the final say.

The country's exceptional success in hosting the Euro 2004 already makes it a credible candidate, and with the addition of Spain to the bid, an Iberian tournament has a good chance of success.

Gilberto Madail, chairman of the Portuguese Football Federation (FPF) admitted that he pro-

posed the idea of a joint bid to his Spanish counterparts at the beginning of November.

While he says response to the idea was favourable, his colleague across the border (Angel Villar) was concerned over the timing but that co-hosting the tournament should be discussed "in the near future."

The Portuguese football chief added: "People say England is a candidate but it has to be remembered that there are other countries, and Portugal has something to say".

Euro 2004 sprang from a similar idea, though Spain turned down the opportunity to jointly host the tournament, preferring to launch a rival bid to Portugal, which they then famously went on to lose to their less illustrious neighbours.

Support has also been received from the chairman of the Portuguese Football League which has defended an Iberian tournament.

Herminio Loureiro said that such a bid would signify that no stadiums would have to be built and would be profitable almost from the outset.

FIFA president Sepp Blatter recently said the sport's governing body may hold a preliminary elimination contest as is done by the ICC when selecting the Olympic city to trim the number of final candidates.

As far as the Iberian bid goes, and whatever the intentions of the respective federations, the decision to launch a bid ultimately rests with Prime Ministers José Sócrates and José Luis Zapatero.

# Algarve race track ready this year



The presentation of the project behind the Algarve race track took place this past weekend with news that it is fewer than ten months from completion, and then it will be ready to host any number of motor sport events, including a Formula 1 Grand Prix.

With three thousand hectares between Portimão and Mexilhoeira Grande dug out and foundations being put in place, the shape of the track can already be seen.

Due to the nature of the surroundings, the track will have steep slopes and swooping bends, journalists were told. There will be two chicanes and a long 750-metre straight in front of the 38 metre high stands that can hold up to 55,000 spectators.

The track will have 64 different setups, varying in lengths up to 4,692m and will be able to hold events such as Formula 1, SuperBikes, A1GP, and more.

There will be a V.I.P. building in the middle of the race track and this large cylinder-shaped building will have a 360° view of the racetrack and seating for no fewer than 15,000 special guests.

Complementing the race track is a two-kilometre long kart track, one of the longest in Europe, which will be able to provide for professionals, amateurs or just for fun days with friends on the track.

Close to the kart-track will be a tyre testing ring and a long straight to test top speeds.

A five-star hotel and spa complex from the Hadison group will be located next to a technological area, where there will also be 160 luxury holiday apartments.

A sporting complex is going to be built with a pool and football pitch.

Manuel da Luz, Mayor of Portimão, says this project worth an initial €200 million is a first in the Algarve and it is an attempt to fight the seasonality of the region, hoping it will bring people to the Algarve all year round and make it a landmark in Europe and across the globe.

Paulo Pinheiro, CEO of the



Aerial view of the racetrack.

project, added that a racetrack is normally seen as a harmful factor for the environment, but argues this project has been thought out environmentally friendly since the day it was conceived. Being the first race track with such standards, solar energy will be used to power buildings and heat water, residual water from the ETAR (Water Treatment Centre of Portimão) will irrigate the green areas and there will be two dams to collect rainwater.

Minister of Economy Manuel Pinho announced he was surprised at the rate the project is advancing, that the Algarve is experiencing a "good period" and Portimão will place itself on the map for hosting world events.

Together with the presenta-

tion of the race track was the presentation of the Super Sport motorbike category racing team of the Algarve, the Park Algar Racing Team.

World SuperBike champion Carlos Checa was there to intro-

duce the team and give his opinion on the race track.

The track that is being built at Sítio do Escampadinho, Mexilhoeira Grande is expected to generate at least 1,500 job placements.



A view of the proposed grandstand

## Surf Comp in Faro with record number of entries



Strong winds did not deter the competitors last weekend as surfers gave their all in the 2<sup>nd</sup> stage of the B. Side Surf Competition last weekend. Altogether a record 132 surfers were present at the competition.

Although it might have seemed there was a kite-surf competition on, hidden amongst the hundreds of kites above were surfers with coloured lycras competing in very difficult conditions.

The strong Levante (South Easterly wind) was a favourable wind direction for the competition, but just too strong.

The event was not helped by some kite-surfers who kept interfering with the surfers' waves, causing anger amongst judges and crowds.

On Sunday, due to the strong winds, it was hard to predict where the waves would break and some surfers were finding it difficult to catch the right ones.

Big names like Melvin Lipke and Francisco Canelas lost their semi-final heats because of tricky conditions.

On Sunday afternoon the finals took place and clean waves started to break, improving conditions and thus pleasing the surfers.

With a demonstration of power and smoothness, Alex Botelho from the Algarve Surf School took home the Open trophy with the best overall score in the final.

Katy Cardoso won the Female category, Miguel Cebola - Longboard, Tiago Silva - Under 16's, Frederico Fêmea - Under 14's and Tomás Alcobia won the Under 12's.

The next stage of the competition will be held in Portimão. Depending on weather conditions the event will occur between the 24<sup>th</sup> and 30<sup>th</sup> of March and Play Surf School will be the organisers.



Open category winner Alex Botelho, from Algarve Surf School, showing his powerful snap in his final heat on Sunday.

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